



# THE HEACHAM NEWSLETTER

## October 2013

This newsletter reflects the views of its contributors, not necessarily those of the editors, any sponsoring body or advertiser. When contacting one of the advertisers please mention you saw their advert here first. Thank you.



**Deadline for the next edition is 12 noon, Thursday 17th October**



**Do Something Amazing Today**

**Save a Life**

The **National Blood Service** will be visiting Heacham in October and would welcome existing and new donors.

**Wednesday 30th October 2013 at the Public Hall,  
Station Road. 1pm - 3.30pm and 5pm - 7pm.**

Please make an appointment if you can, by calling the  
Helpline 0300 123 23 23  
or online at [www.blood.co.uk](http://www.blood.co.uk)



**PIPE DREAM BECOMES A REALITY  
.....NOW FOR THE EXTRA MILE!**

Pavilion Build latest, the final push, read the full  
story, Page 37.

THE HEACHAM NEWSLETTER c/o Heacham Parish Council Office, Pound Lane, Heacham, Norfolk PE31 7ET  
E-MAIL: [theheachamnewsletter@yahoo.co.uk](mailto:theheachamnewsletter@yahoo.co.uk) [www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

ADVERTISING: Moira Barnes ☎ 01485 570401 Adverts cost £15, £30 or £60 per month

THE TEAM: Moira Barnes - George Bradley - Jackie Davis - Brian Faulkner

Kerry Long - Dean Rawnsley - Mary Sheldrick - Robby Topliss

**THE HEACHAM NEWSLETTER is published THE FIRST SATURDAY of the MONTH**

A voluntary non-profit publication produced with financial assistance from Heacham Parish Council



### The Drift

Dear Newsletter

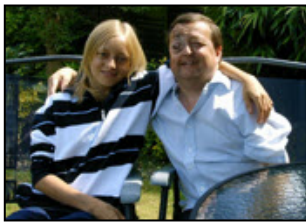
#### Changing Faces - Sky Dive

It seems like ages since I wrote regarding my charity work with Changing Faces!

As you know, a couple of years back I decided to stop opening our garden to raise money for the charity. Unfortunately, on 11th August 2011, I had a mini stroke and felt that this had been a bit of a warning for me to slow down. I must admit it had been a very difficult choice for me to make as I had thoroughly enjoyed this lovely little event in our garden. My family had been telling me for quite some time that I should consider stopping so with this health issue happening in my life I thought I had better do as I was told.

I still take part in helping the charity from time to time and only last year was involved in an awareness film for Changing Faces on the Community Channel of YouTube. If you'd like to see the film you can go to <http://tinyurl.com/kwb6fhj>

I know that quite a few of you already know our daughter Lindsay; she has decided to help in raising some funds for the charity. I consider my daughter very brave as she will be involved in the 'Face Your Fears' week for Changing Faces. Lindsay will be doing a Tandem Sky Dive on 25th October 2013 at Banbury in Oxfordshire. I didn't ask Lindsay to do this, it was purely her own decision but I'm scared silly and I'm not even doing this. Give me a good old film crew and I'll get in front to raise awareness, but this is something else.



If you feel you are able to support Lindsay in this daring escapade we would be very grateful. You can make a donation, however large or small, on the following link which is <http://www.justgiving.com/lindsaybird> or by giving a donation via sponsor sheets that we have

here at No 19 The Drift in Heacham.

Joanne and I will accompany Lindsay down to Banbury in October although I'm sure we're both going to be petrified to watch. I will endeavour to make sure that there will be a follow-up letter in the November issue of the Heacham Newsletter regarding the Sky Dive and hopefully with a few pictures of the event too!

Thank you for all your wonderful support in the past.

With kind regards.

David, Joanne & Lindsay Bird

\*\*\*\*\*



Dear Newsletter



High Street

Dear Newsletter

#### Heacham in Bloom - Gold Award

I have just heard that the Heacham in Bloom team were awarded a Gold Award. Judging by the many comments in previous newsletters this will be no surprise (in fact we would all have been outraged by anything less!) but let's not lose sight of what a huge achievement this is for a small team with little funding.

The effort which went into it was phenomenal and their success is so well deserved. Thanks to everyone involved for your commitment and ongoing hard work and also to those who have helped with funding.

Beth Winsor

\*\*\*\*\*



School Road

Dear Newsletter

#### Heacham in Bloom - Gold Award

Our congratulations to Heacham in Bloom in winning a Gold Medal. This is so very well deserved with all the hard work that the volunteers put in. All the displays were excellent but what a brilliant idea for the display opposite A E Wallis. The bikes were still looking wonderful this weekend.

Well done to you all.

Jackie & George Brown

\*\*\*\*\*



Neville Court

Dear Newsletter

#### Macmillan Coffee Morning

Neville Court would like to thank all those that helped and everyone who came to the Macmillan Coffee Morning on the 6th September. We raised £543.12.

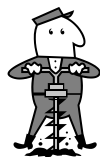
Mrs E Snow

\*\*\*\*\*

## G. D. GROUNDWORKS HOME & GARDEN



Fencing, Decking, Timber-work.  
Patios, Paths & Driveways.  
Drainage & Guttering.  
Fascias & Soffits.



Property Maintenance Inside & Out.  
Rubbish Clearance.

30 Years Experience in the Construction Industry.

Call Gary For No Obligation Free Quote

01485 298963 or 079177 25015



## Computer help in plain English



Repairs, upgrades, virus removal and prevention, installations, help and training for home and business computer users.

Tablets and smartphones too!

Friendly, helpful service. 30 years' experience.  
Reasonable rates and absolutely **no jargon**.

Telephone Keith at oapc on (01485) 570479  
mobile 07977 560955 or email [support@oapc.biz](mailto:support@oapc.biz)



Heacham

Dear Newsletter

**A Polite Notice to Dog Owners**

In reply to the letter from your correspondent headed as above which appeared in the September Newsletter, I have two dogs and walk them in the village and on the beaches.

I sympathise with your situation and agree with all your comments - dogs should be on leads when round people, and on short leads around children. It should be the parent or child's decision to approach a dog, not the other way round. If a child wants to approach a dog, the owner should shorten the lead, holding the collar so the dog can't jump up and scare the child. BUT... parents should show a child how to approach a dog - hand outstretched, UNDER its muzzle (not over its head) so it knows it's not threatened. (Consider the dog's position. What would you do if a giant raised a large hand above your head? Be afraid?.....Threatened?)

Unless both dog owners and parents realise they both have a part in educating children in being around man's longest companion, the stigma of all dogs being labelled 'bad' by PC obsessive adults, will continue.

One last thing, as a dog owner I would ask the minority of owners who can't be bothered to clear up after their pet to realise how anti-social they are - it costs nothing to carry a few nappy sacks and the council provides bins. Dog owner or not - if you see fouling, report it!!

Steve Knight

\*\*\*\*\*



Heacham

Dear Newsletter

**James Campbell**

We don't know how to thank the many people who have sent us cards, letters and voiced their condolences to us on learning the sad news of James' death, so thought the Heacham Newsletter would be the best form of acknowledgement, as to try to thank people individually would take forever and we are sure we would miss someone out which would be unforgiveable.

Though James didn't support any one particular charity, he was always a good and supportive member of Heacham Club Charity and that's why, as a family, we decided that donations in his memory should go to a local and worthy cause; knowing that the Pavilion Regeneration Fund was something that James always pitched in to help and support in many ways. It is lovely for us to be able to hand over in excess of £900 (to date) to this worthy project and would like to thank anyone who supported in this way.

We know how we will miss James as our only son and grandson and it is comforting to know that others feel our loss and share our grief.

Janice & Viv Campbell

Myra & Les Trundley

\*\*\*\*\*

# Bantoft Accountancy

Chartered Certified Accountants

Proprietor: Nickie Bantoft, FCCA

## ACCOUNTANCY + TAXATION

- Personal Tax Returns
- Repayment Claims
- Tax on property lettings
- Capital Gains Tax
- Routine Book-keeping
- PAYE & VAT services
- Company Tax & Accounts
- Directors' Income Tax

Please contact Nickie to see if we can help you.

**01485 525880**

[nickie@bantoftaccountancy.co.uk](mailto:nickie@bantoftaccountancy.co.uk)

You can also contact Bob who deals with corporate matters.

Robert Jolly FMAAT (Consultant)


[bob@bantoftaccountancy.co.uk](mailto:bob@bantoftaccountancy.co.uk)

*Bantoft Accountancy is the trading name of Bantoft & Co Ltd.*

## Station Road Garage

**33 Station Road, Heacham**

**Norfolk PE31 7EX**

** : 01485 570259**

- ✓ Mechanical Repairs
  - ✓ Servicing
  - ✓ Welding
- ✓ Tyres and Exhausts
  - ✓ Clutches
  - ✓ Diagnostics
- ✓ Collection & Delivery
- ✓ Accessory Shop
  - ✓ Car Sales
- ✓ Air Con Repairs & Service
- ✓ State of the Art MOT bay
  - ✓ MOT Repairs

Friendly, family run garage.  
All Makes and Models Accepted.



Vehicle Testing  
Station

[www.stationroadgarageheacham.co.uk](http://www.stationroadgarageheacham.co.uk)



Kenwood Road

Dear Newsletter

**Operation Christmas Child (Shoe Boxes)**

Our Granny died 4 years ago. She was a lovely lady who cared a lot about everybody. She liked to help the children around the world by sending them shoe boxes. She would make yummy cakes and have coffee mornings to get money to send the shoe boxes full of treats and goodies to the children who have nothing. She was a nice Granny. We promised her we would keep helping the children for her and we are as she can't do it herself anymore. Please help us too. We have tidied our bedrooms and want to sell books and things we don't want any more. Mummy, Auntie Ali, Auntie Carol, Uncle Daniel, Uncle Evan and Grandad miss her too and want to send lots of boxes this year and they are going to make more cakes!! Please come and buy them!!!!!!

**Willow Deane aged 8 and Daisy Deane age 6**

PS: Mummy says.....It was many years ago that Granny, my Mum, Angela, the great organiser (and an excellent cook!) along with Dad, Stephen Andrews, became involved with **Operation Christmas Child (OCC) which is an initiative of Samaritan's Purse UK**, a Christian relief and development charity working amongst communities in need across Africa, Eastern Europe and Central Asia. You can find out more at [www.samaritans-purse.org.uk/who-we-are](http://www.samaritans-purse.org.uk/who-we-are)

**We are having a Coffee Morning and Bric- a-Brac Sale on Saturday 5th October at St Edmund's Church Hall, Hunstanton from 10am to 12 noon.**

Also, we desperately need empty shoe boxes for us to fill and we need things to fill them with. We would love for you to donate any of the following items:-

Toys: Bear, soft toy, tennis ball, finger puppet, jigsaw, yo-yo, building blocks, small musical instrument. For boys: trucks and cars. For girls: dolls, clip-on earrings, etc. Educational Supplies: Felt pens, pens, pencils, pencil sharpener, eraser, colouring book, notepad, picture or puzzle book, chalk, pencil case, stickers, etc. Hygiene Items: Toothbrush, toothpaste, hairbrush, comb, hair clips, bar of soap, flannel, etc. Other Items: Sweets (sell-by date to be at least March of the following year), gloves, scarf, sunglasses, cap, hat, bangles, necklaces etc.

**All gifts should be new please and small enough to fit in a shoe box.**

Please, we would like as much support as people can muster! Donations can be left either at the coffee morning, St Edmunds Church, Hunstanton, or with me at Heacham Tesco Express.

Thank you all for your support!

**Brenda Deane**

\*\*\*\*\*

**Children's Society Boxes**

I shall be collecting up the Children's Society boxes for opening during September and October as usual this year. As I can no longer drive it would very helpful if contributors could bring their boxes to me at 19 Hunstanton Road, Heacham; the first cottage on the right after the river going from the village to the church.

I will be at the 10.00am service at the church on 8th September and 13th October. If I need to collect it my telephone number is 571110 and my email address is [jeremyg-w@talktalk.net](mailto:jeremyg-w@talktalk.net).

**Jeremy Gullan-Whur**



Station Road

Dear Newsletter

**Fridhem Summer Fete**

Fridhem Rest Home held their Summer Fete on Saturday 24th August and we raised £492.50 for the residents' entertainment fund.

Through the Newsletter can I just say thank you to everyone who helped on the day and to all who donated prizes for the various stalls. Can I also thank the local businesses who include Tesco, Chop & Change, Heacham Fish Bar, Wallis, The Post Office, Howard Butchers, Chatterbox, Boots the Chemist, and the Co-op for their donations for the raffle.

Many thanks.

**Marie Rawnsley  
Activities Co-ordinator  
Fridhem Rest Home**

\*\*\*\*\*



**Heacham**

Dear Newsletter

**Mandy & Brian Nobes**

It is now 3 years since our father died (June 2010) and 11 years since our mother died (Nov 2002). As a young family we have tried to save and buy a lasting memorial for our parents but so far have had little success.

A friend of ours suggested that we write and try to locate people who knew either Mandy or Brian Nobes and ask if they would be prepared to help us try to raise the money needed.

Nikita, David, Emma and Charlotte would be so pleased to hear from anyone who would like to take part in some sort of fundraising event, or have ideas of their own, to help us achieve a lasting tribute to our parents.

If you would like to help please contact Nikita on 07787 819191.

Thank you.

**Nikita, David, Emma and Charlotte**

\*\*\*\*\*

**NEED HELP AROUND YOUR HOME**  
**CLEANING, COOKING,**  
**PERSONAL CARE.**  
**REFERENCES AVAILABLE.**  
**C.R.B. CHECKED.**  
**THEN CALL SUE ON:-**  
**01485 532757**  
**MOBILE 07557 511 818**





Heacham

Dear Newsletter

**Heacham Post Office**

I would like to say a very big THANK YOU to Eileen White for her very kind words and letter in last month's Newsletter regarding our Post Office. We are all quick to complain when things aren't quite to our satisfaction, but it is not often that someone takes the time to put pen to paper to praise a business with such warmth and gratitude as this.

This is greatly appreciated; my dad and I are extremely touched. We have always tried to offer the best possible service to all of our customers and treat them all with individuality, not just as customers but as friends too.

May I take this opportunity to thank all of our customers past, present and future for your continued support to help us keep our Post Office as a major part of our village. And once again, thank you Eileen.

**Sally Faulkner**

\*\*\*\*\*



Heacham

Dear Newsletter

**School Road Units (formerly Rhino Sheds)**

These Units are available to rent. There are no restrictions on them whatsoever. They come under the same jurisdiction as Heacham Hall.

This letter is written contrary to rumours circulating throughout the village. At the present time, there are three Units available to rent, all of which are 2,200 sq.ft.. For further information please telephone me on 07741 754541.

**Gerry**

\*\*\*\*\*



Heacham

Dear Newsletter

**'A Polite Notice to Dog Owners'**

When I read the letter entitled 'A polite notice to dog owners' I thought it was a spoof! In all my years I have never experienced anything like this and I feel extremely sorry for this woman who clearly has an issue with dogs, and for whatever reason, she has passed her anti-dog behaviour onto her child. She should realise that both dogs and children pick up on negative attitudes so it's little wonder the child has a fear (I very much doubt it's a phobia!!)

Dogs and humans have lived together for millennia and the wonderful love and companionship a dog gives cannot be over-estimated. Many older people find their dog invaluable; they open up friendships and certainly help teach youngsters how to care and share. Poor behaviour (as with children) cannot be blamed on the animal but on the owner and sadly we see too much of this these days.

As a mother I brought up my child to love and respect animals and consequently she went to college in Norwich to study animal care. Over the years, she has rescued animals, providing homes for them where others have failed.

And just in case the lady and her child have the extremely rare situation arise of a dog bite, I suggest they refer to the herb garden in the Lavender Fields where the herb, Lemon Balm, states this: ".....uses include.....dressing wounds, cure for toothache and mad dog bites....."

**Lynda Sebbage**

\*\*\*\*\*



# PALM BEACH HOLIDAY PARK

**What a fabulous summer!!! Would you like to be here more next year?**

**Please feel free to come and take a look at our friendly, family run, newly redeveloped park on the North Beach at Heacham.**

**You are welcome to view our large display of new model caravans from leading manufacturers at unbelievable prices (compare ours to others). We also have a selection of preowned caravans.**

**Also**

- **Fantastic Heated Pool (May to Sept)**
- **Free Wi-Fi (to individual caravans)**
- **Annual Fees, Gas and Insurance come to you at very competitive prices**



**Luxurious centrally heated and double glazed caravans still available at fantastic prices.**

**Fully sited on very generous plots including steps, two gas cylinders and tv aerial.**

**We also have two other parks Seashore Holiday Park at Heacham and The Poplars Holiday Park at Burnham Market.**

**Please enquire at Palm Beach for details or call us today on 01485 570565**



## CHURCHES TOGETHER IN HEACHAM

### Moving On

As I write this for October publication, we at St Mary's are preparing to bid farewell and best wishes to our vicar for the past 6 years, Steve and his wife, Alison. We give thanks for the unwavering support they have given to us in Heacham both individually and as a community, and we shall miss them.

But in just the same way that they will be focusing on the new challenges of the future, so must we. Change is unsettling, isn't it? We move out of the comfort zone into uncertainty. Starting school, moving schools, starting work, moving into retirement .....just a few simple life changing steps we all take during our lives. But just pause for a moment and reflect on the momentous nature of those changes at the time – unsettling, wasn't it?

Throughout the Bible we can find many examples of such 'moving on' into an uncertain future; we can identify with characters like Mary and Joseph, moving into perhaps the most uncertain future of them all; or what about a truly life-changing experience, like Saul on his way to Damascus? Or perhaps a Moses or a Joseph, intended for greatness from the most perilous of situations? Perhaps, but I prefer to think of a more humble example – Ruth, full of simple trust and loyalty and faithfulness which rewarded her with loving relationships which, ultimately down the family line, brought her to greatness through her untiring devotion to God.

So what of us? In a sense, every day we 'move on', not always anticipating the outcomes we stumble upon and certainly unaware of the many pitfalls we might encounter. But as Christians we trust in Jesus. And the good news is that it is never too late to know Jesus personally. All we need to do is to take one step – that one all-important, fateful step – which accepts Jesus into our heart. Jesus said "Here I am. I stand at the door of your heart and knock. If anyone hears my voice and opens the door, I will come in and eat with him and he with me."

Wow! What an invitation! You might almost say ..... life-changing.

Just one step.....

You will find a warm welcome at St Mary's throughout the coming months as we trust in faith and in confidence in the Lord.

**Brian Griffin**  
Churchwarden, St. Mary's Church

### PARISH REGISTERS

#### Baptisms

31/08/13 Dexter Barry Jackson  
son of Paul and Hayley  
01/09/13 Jessica Margaret Ann Beavon  
daughter of Philip and Claire  
22/09/13 George James Burgess  
son of James and Wendy

#### Faithful Departed (Church Linked Funerals)

04/09/13 Doreen Violet Burt 78

*"Blessed are those who mourn for they will be comforted"*

We do extend our sympathy and condolences to all who have been bereaved. The church prays for friends and family at the Sunday morning services around the time of the funeral.

### **METHODIST CHURCH Sunday Services**

10.30am Morning Worship

#### Preachers:

6th October - John Winner  
13th October - Irene Garrard  
20th October - David Clarke  
27th October - Rev'd Leslie Stoker  
3rd November - Cathy Fielding

#### **Midweek Holy Communion Services:**

These are held on the second Wednesday of each month. The October Service will be on Wednesday 9th at 10.30am. All who love the Lord are welcome to attend.

#### **Regular Activities at the Methodist Church**

MONDAY: Indoor Bowls 7pm – weekly

TUESDAY: Ladies' Fellowship:

2.45pm on 1st, 15th and 29th October

Hands and Needles Club

7.30pm on 1st, 15th and 29th October

THURSDAY: Social Evening at 7.15pm on 17th October

FRIDAY: Indoor Bowls 7pm – weekly

SATURDAY: Coffee Morning on 19th October,  
10am-12 noon

A warm welcome is given to all who come to our mid-week events - you don't have to be a church attender.

#### **COFFEE MORNINGS AT METHODIST CHURCH**

The last Coffee Morning of the season will be held on Saturday 19th October from 10am-12 noon. There will be a Book Stall, Gift Stall, Ornaments and home made cakes. Everyone welcome.

#### **Church Contacts:** (telephone code: 01485)

Methodist Church The Rev'd Kim Nally 570232  
St Mary's Church John Whitbread 579326  
St Mary's Church Office 572539

email: [heacham.church@googlemail.com](mailto:heacham.church@googlemail.com)

The Parish Church of St. Mary:

Sunday Services in October

8.00am Holy Communion (Book of Common Prayer)

10.00am 6th Harvest Festival  
13th Holy Communion  
20th Morning Worship  
27th Morning Worship

10.30am at Heacham Junior School

6th Harvest Festival  
13th Morning Worship  
20th Holy Communion  
27th Morning Worship

6.00pm Evening Worship

#### **REGULAR ACTIVITIES AT ST. MARY'S CHURCH**

Looking at the above information you might think that St. Mary's is only open on Sundays, but it is a busy church with things going on throughout each week. There are Bible Study groups with people meeting in their own homes; there are Prayer Meetings; we have a Choir, and there are Music Groups; for very young children there is the Rainbow Circle Toddlers' Group; all the women are welcome at *Girls Together* and there is a Men's Group as well; everyone can belong to the Mothers' Union; there are also Coffee Mornings and various

other activities. So why not find out more about St. Mary's and its regular activities – you might be surprised.

The Sunday services act as a focal point when all meet together for worship, for fellowship, for support, learning, encouragement, challenge and growing. And on Sundays there are, of course, activities for children.

#### **October Services at Nursing/Residential Homes**

Tues 1st	2.30pm	Rebecca Court
Mon 14th	11.00am	Holy Communion at Millbridge
Wed 16th	2.30pm	Summerville
Fri 25th	10.30am	Fridhem

**The next Messy Church will be on Saturday 26th October**  
At St Mary's church, Heacham

**Please come & join us!**  
Children must be accompanied by an adult or carer.

For catering, we ask you to book in advance at griffin568@btinternet.com or 571348 (Brian/Josephine)

#### **News from the Heacham Songsters**

After a hectic programme of concerts, we are now rehearsing our Christmas songs!!

Last Christmas we were singing almost daily during December, so this year we are hoping that some of our regular clubs, societies, care homes etc. will be happy to see our Christmas entertainment in November and December. We already have a considerable number of bookings so, if you would like to hear our Christmas programme, please ring Marlene Wallis (01485) 532702.

Two of our male singers have retired from our group, so if there are any gentlemen who would like to come along to see if they would enjoy singing with us, please ring the above number. We do still have a waiting list of ladies who wish to join so more gentlemen – please!

**Marlene Wallis**

#### **In Loving Memory**

**On Sunday 3rd November, at 3.00pm in St Mary's Church** there is one of the special services of the year.

We gather to remember those who have died. Sometimes the remembered death is recent but it need not be for there is no time limit on memories. Candles will be lit to help us focus on the lives that brought light into our lives but, more than that, to remind us of the light that came into the world with Jesus Christ.

We will hear words that talk of eternity and remind ourselves of the hope that we have because of the resurrection of Jesus Christ from the dead.

There will be a chance to talk afterwards over a cup of tea/coffee.

**In sure and certain hope**

## **Hunstanton Catholic Parish**

Hunstanton Catholic Parish (Church of Our Lady and St Edmund, Sandringham Road, Hunstanton with St Cecilia's, Mountbatten Road, Dersingham).

It was with sadness that we said goodbye to Father Michael Ryan who has been our resident priest for the past 20 months. We had a party for him on the evening of Wednesday 28th August. It was very well attended and Fr Michael was thanked for his pastoral care and especially for his care of the sick in the parish during his time with us. Fr Michael has moved to Wymondham to become parish priest there. He will be missed by us all in the Hunstanton Parish, but we wish him well and hope that he settles in to his new parish.



We will still be having our usual Sunday masses and the Wednesday mass, for the foreseeable future, thanks to Fr Peter Rollings and various visiting Priests. The Convent daily masses will be slightly changed, so please check for dates and times on Church notice boards, website or phone. Our daily Masses are held at St Theresa's Convent, 27 Sandringham Road, Hunstanton and at 10.15am at St Cecilia's, Dersingham on Wednesday. Sunday Masses are 9am at Dersingham and 11am at Hunstanton.

Everyone, whether Catholic or not, is welcome to all of our services and social occasions. We have refreshments after the 11am Mass every Sunday and after 10.15 Mass every Wednesday. There are also refreshments after the 9am Mass on the first Sunday of the month at Dersingham. Please come along, you will be most welcome.

Due to the current circumstances our annual parish sponsored walk has been postponed until next spring. The next parish event is the Harvest celebration at Dersingham on 11th October and there will be another of our popular ladies' shared lunches at Dersingham on 2nd November.

The Parish telephone number is 01485 543818, but this is for leaving messages only. If you require a Priest please telephone Fr Peter Rollings on 01553 772220.

**Website:** [www.hunstantoncatholicparish.org](http://www.hunstantoncatholicparish.org)

**Email:** parish@hunstantoncatholicparish.org



## Heacham Rainbows

### Change of Day

2nd Heacham Rainbows have changed their meeting times to

**Mondays from 5.00-6.00pm.**

Rainbows are girls aged five to seven who love having fun. They follow a programme called the Rainbow Jigsaw, through which they can take part in lots of different activities with girls their own age. <http://rainbows.girlguiding.org.uk/>

If you know of any girls who would be interested in joining contact us on [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested) or contact Jenny on 01485 534107.

**Monday**

**2nd Heacham Rainbows**

**Term Time**

**Girls age 5-7**

**5.00-6.00pm**

**Contact Jenny on 534107 (MC)**

**Dawn Davies**



We are a fast growing group of Guides and our leader needs some help so that we can do lots of exciting things both indoors and out.


If you think you could spare an hour or so on Tuesday evenings please contact our leader Sue on 07833 747059 for a chat or .....



.....just come along to the Methodist Church Hall between 5.30 and 7.00pm and see what you think of us!

You will have lots of fun and have the opportunity to learn new skills and gain qualifications too!





**N. Johnson & Co.**  
property services limited  
15 years of experience in the trade

---


**UPVC Specialist**


**Door & window furniture**

**Plumbing services**

**General maintenance**

---

 For a **FREE** no obligation quotation please call Neil on

 **01485 570744 or 07786 868662**

**GARY RUSHMORE FLOORING LTD**



**To discover all your floor covering requirements – just visit our new showroom!**

- free measuring and estimates with no obligation
- superb range of carpet, vinyl, laminate and Karndean samples
- exceptional service, including uplifting and disposing of old flooring and moving furniture
- carpets supplied and fitted by our professional team
- a family-run business, over 25 years of experience
- home selection service available

**Unit 6, Heacham Hall Industrial Units, Hall Close, Hunstanton Road, Heacham, King's Lynn, Norfolk PE31 7JT**

Telephone: **01485 572202**  
email: [rushmoreflooring@btconnect.com](mailto:rushmoreflooring@btconnect.com)  
[www.garyrushmoreflooring.co.uk](http://www.garyrushmoreflooring.co.uk)

**HOW TO FIND US**



**OPEN:**  
Mon to Fri: 9.30am-4pm  
Saturday: 10am-2pm  
(closed Thurs from 1pm)



UNION CHURCH  
Sandringham Road, Hunstanton  
(Opposite The Library)

**AUTUMN FAIR**  
**SATURDAY**  
**26th OCTOBER**  
**10.00am—1.30pm**

Tea, Coffee, Snacks & Light Lunches  
Variety of stalls including gifts, crafts,  
Christmas items, cakes, sweets,  
books, plants, clothes, kitchen &  
tools

www.ajdautorepairs.com

# AJD *auto repairs*

*Motor Vehicle Engineers*

MOT  CENTRE

- CARS ● LIGHT COMMERCIALS ●
- MOTOR CYCLES ●
- AIR CON SERVICE & REPAIR ●

**5 BANK ROAD, DERSINGHAM**  
**KING'S LYNN,**  
**NORFOLK PE31 6HW**

TELEPHONE  
**(01485) 540039**  
email: info@ajdautorepairs.com

**AJD**  
auto  
repairs

**AJD**  
auto  
repairs

# SJP

*SOLICITORS*

**Staveley Johnson & Procter**  
Formerly Hawkins of Hunstanton and Beice & Staveley

Contact Us  
Staveley, Johnson &  
Procter Solicitors  
Waverley House, 37 Greevegate  
Hunstanton  
Norfolk PE36 6AB

Telephone: 01485 532662  
Fax: 01485 534802  
DX: 95250 Hunstanton

Info@sjpsolicitors.co.uk

Solicitors acting in the North  
Norfolk area, including Kings  
Lynn and Norwich





We are a local firm of solicitors  
that cover and are experienced in;

Employment, conveyancing, family, residential and  
commercial lease, debt recovery, litigation, wills and  
probate, and personal injury, contract and  
professional negligence and dispute matters.

We can often offer fixed fees so you know  
where you stand on costs and an  
introductory ½ hour free of charge.

**www.sjpsolicitors.co.uk**



## HEACHAM GROUP PRACTICE 2013 FLU CAMPAIGN.



This year's flu campaign will be held for 2 WEEKS ONLY during the months of October and November at Heacham and Snettisham.

The October Flu clinics will run during the week beginning Tuesday 1st October until Friday 4th October  
**Appointments for October clinics will be released from Tuesday 17th September**

Please call 01485 572769 **AFTER 11.00 a.m.** to avoid the busiest time of day.  
Thank You.

**To qualify for a Flu Vaccination you will need to fall into the following category:**

YOU ARE OVER 65, OR SUFFER FROM:-  
ASTHMA/BREATHING PROBLEMS,  
CYSTIC FIBROSIS, HEART DISEASE,  
DIABETES, KIDNEY DISEASE  
WEAK IMMUNE SYSTEM, LIVER DISEASE,  
NEUROLOGICAL DISEASE  
CARERS WHO LOOK AFTER PHYSICALLY DISABLED,  
OR A DEPENDANT PERSON, PREGNANT.

**Dates for November FLU clinics will run from Monday 4th November until 8th November 2013.**

**These appointments will be available from Monday 22nd October.**

**The Shingles campaign has commenced and all eligible patients are in the process of being contacted.**  
Thank You.



### 1st Heacham Cubs

Heacham Cubs started again in September after the summer holidays, all ready to get involved with our activities and badgework. On the first night back we welcomed Sam Lindsell (Chil) to our pack as a young leader.

Sandringham Explorers invited us with other Cubs, Scouts, Guides and Brownies from Heacham, Dersingham and Sandringham, on camp over the weekend of 14th-15th September at Wolferton Campsite. There were approx 90 children enjoying shooting, climbing wall, bouncy castle and bungee run. They could also make slime, carve soap and decorate a bag. There were two walks, a fairly gentle one of 45 minutes and a more vigorous one of an hour and a half.

After a BBQ for tea it was time to sit round the camp fire and sing some songs, then it was off to the marquee to toast marshmallows, drink hot chocolate and eat chocolate biscuits. For those who were brave enough there was a wide game in the dark in the top field.

Everyone was in bed by 11pm and, apart from a few whispering tents, the site was quiet by 12.30am. First ones up at 5.30am but they were not that noisy. The site was up and about by 7am, then after a breakfast of cereal, bacon and eggs it was time to have a scavenger hunt game; then it was a giant litter pick before they went home.

Although, when we arrived on the Saturday it was raining it did stop so all the activities could be enjoyed and the rain held off until mid morning on the Sunday.

All the children received gold neckers and a very special woggle and as the camp was called Wolfjam 13, they received a blanket badge with a wolf on it.

During the rest of the term we are going to have a look at the Home Safety Badge and learn how to use a compass.

Happy Scouting to all our Cubs.

**Sam (Akela), Michael (Rama), Julie (Ziggy) & Sam (Chil)**

## Heacham Group Practice Patients' Participation Group

*Surgeries at Heacham and Snettisham*



*Contributing to  
Health Improvement  
in Heacham,  
Snettisham, Fring,  
Sedgeford and  
Ringstead*

**Patient Survey Questions-Discussion**  
*Lucy Woodall Practice Manager*

**CCG Latest Plans**  
*Penny Sutton CCG Lay Member Patient and Public*

**Queen Elizabeth Hospital Updates**  
*Esmé Corner Lead Governor Foundation Trust*

**All Patients Welcome**  
Monday October 21st at 7.30pm in Heacham Surgery

**Chairman Mike Press 579007**  
[ppg@heachamgrouppractice.org](mailto:ppg@heachamgrouppractice.org)

**BACK BY PUBLIC DEMAND**

**"Johnny Cash Comes To Town"**

**THE  
JOHNNY CASH STORY**  
starring

**Roger Dean & The Lazy Boys**  
**Princess Theatre, Hunstanton**  
**Saturday 2nd November, 7:30pm**

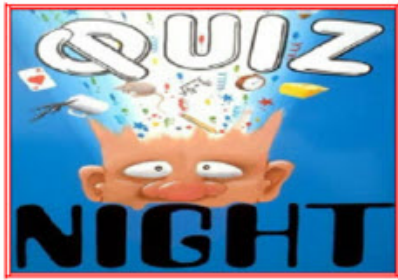


**Box Office 01485 532252**

*"Tenderness and Fun, Style and Verve.....  
.....and Oh, what songs!" The Financial Times*  
[www.roger-dean.com](http://www.roger-dean.com)



Heacham & Criteuil-la-Magdeleine  
Twinning Association



FRIDAY 1<sup>ST</sup> NOVEMBER 2013

7.00 p.m. for 7.30 p.m. start

at

**THE OLD FRIENDS' HALL**

Sunnyside off Caley Street  
Heacham

Admission £10 per team of 4 persons

Individuals welcome to make up teams

Bring your own drinks and glasses

Raffle

For more information telephone 01485 579465 or email [twinclub@hotmail.co.uk](mailto:twinclub@hotmail.co.uk)

## Heacham Twinning Association

Invite you to visit

### Bury St Edmunds Christmas Market

Leaving at 9.00am in the morning, we will arrive with plenty of 'shopping' time to experience the Christmas and Continental market.

**Sunday 1st December**

**£12.00**  
(children £6)

**Depart 9.00am**

1st pick up point: Opposite Public Hall, Heacham

2nd pick up point: Lodge Road bus stop, Heacham

Telephone Sue to reserve seats:

01485 572252



Family  
run since  
1986

# Showtime

North  
Beach

OPEN WEEKENDS UNTIL THE END OF OCTOBER

*Amusements*  
Family Fun for All

**OPEN  
FRI, SAT,  
SUN**

**Great Prizes  
To Be Won**

**Free Parking**

*Prize Bingo*

Your last chance to enjoy a  
game of bingo with us!

*Bingo will be closing permanently  
at the end of october*

**SALE**  
*Bingo stock at  
Reduced Prices*

*Toys, Games, Homeware  
Noveltys & much more  
all priced to sell!!!*

*Shop*  
5 Star Hygiene Rating

**Lowest  
Priced  
Drinks  
In Area**

**Fresh Ground Coffee  
Great gift ideas  
Sweets Rock & Ices**

## Greetings from Heacham Tesco Express!

Well it seems that the warmth of summer is a long distant memory....Brrrrr, its cold! Definitely hot soup and stew and dumplings weather (especially in my household!)

Express stores are generally the smaller of the Tesco stores. Extras like the one being built on the Hardwick, Kings Lynn are the biggest...they positively dwarf us! Yet we have always had comments from customers about us not stocking the same as the larger Tesco stores, which is true as we are very limited to space in comparison. However, we do try to ensure that we cover a broad variety of tastes to suit most needs. We will be having a complete range change in store over the coming weeks, which should see the addition of many new products!

Suggestions and comments about how we are doing, what you would like us to stock, how we could improve, what we are doing well at, etc are always greatly appreciated and fed back to the powers that be at head office, so please keep them coming our way. Alternatively, for the chance to collect extra 25 club card points and the chance to win a £250 Tesco gift card, you can contact head office directly with your comments, (good or bad...but hopefully good!). Ask in store for details.

That time of year (I still refuse to use the dreaded 'C' word just yet) is fast approaching and many local charities and groups will be having festive fundraising events. We would be proud, as always, to help out with prizes for raffles, tombolas etc where we can! Or if there is any other way you would like us to be involved, then just contact me at the store...5 Lynn Road, Heacham, PE31 7HU on headed paper please.

**Brenda Deane**

**Community Champion, Heacham Tesco Express**



**T.M. electrical**  
Rewires, Extra Lights, Extra Sockets, Showers, Storage Heaters  
Fuseboards Replaced, Cookers supplied-connected  
TV/BT/Sky, Landlords Certificates, Smoke Alarms installed  
SMALL JOBS A SPECIALITY I DONT CHARGE THE EARTH  
**01485 540333**  
Qualified to Test and Inspect C&G 2391 Part P Registered and Qualified to 17th Edition

## GARY KITE

### Computer Services

Sales, Upgrades, Repairs  
Home calls or Tuition,  
Broadband Installations &  
General Maintenance.

Tel ( 01485 ) 544606

Mobile 0777 5512485

Personal Service

Professional Technician

## THE SONG REMAINS THE SAME

### Monthly musings on music by Frank Edmonds

*Between you and me | think it's ... silly!*

Here's a scary fact. Do you remember the 1971 hit by Middle Of The Road, Chirpy Chirpy Cheep Cheep? Well yes, who could forget it, you're right. As a fledgling Led Zeppelin and Deep Purple fan at the time, I can't pretend I played air guitar to it very often.

Well, it spent 34 weeks in the charts, five of them at No 1, and is one of the few singles to have sold more than ten million copies worldwide.

OMG, as the young people say today (although I'm betting they don't say chirpy chirpy cheep cheep very often).

Welcome to the wacky world of silly song titles!

You know, 1971 was a funny year. Picture the scene: respected and successful songwriters Albert Hammond and Mike Hazlewood (who wrote The Air That I Breathe for the Hollies, for example), are sitting about, and one of them says: "I've got an idea for a song." "Oh yes," says the other, "what is it?"

"Gimme dat, gimme dat, gimme gimme gimme dat, gimme dat ding, gimme dat, gimme gimme dat, gimme dat ding, gimme dat, gimme gimme dat, gimme gimme gimme dat ding."

"No, seriously," says the first one, "what was it?"

Gimme Dat Ding was a No 4 hit for The Pipkins. And don't tell me you couldn't sing along with that.

Silly song titles had been around for a while by then, of course. Who could forget Who Put The Bomp (In The Bomp Bomp Bomp) (The Viscounts, 1961), Papa-Oom-Mow-Mow (The Rivingtons, 1962), or Rama Lama Ding Dong (The Edsels, 1958 – a song so odd it was first wrongly released as Lama Rama Ding Dong!).

I blame Little Richard. Kicking off Tutti Frutti in 1955 with: "A-wop-bop-a-loo-bop, a-lop-bam-boom!" just tipped everybody over the edge.

And forget Bad Manners – the worryingly named Dicky Doo And The Don'ts had a US top 40 hit in 1958 with Nee Nee Na Na Na Nu Nu. Life was never going to be the same again.

I'm going to cheat now, because there's nothing particularly silly about the title of the 1958 hit by David Seville (he of The Chipmunks fame), Witch Doctor. But then the chorus does go: "Ooh-eee ooh-ah-ah, ting-tang walla-walla bing-bang, ooh-eee ooh-ah-ah, ting-tang walla-walla bang-bang." That was supposed to be the witch doctor talking – and on just how many levels is that politically incorrect now?

Speaking of which, what about The Goons' 1956 contribution to international relations, The Ying Tong Song: "Ying tong, ying tong, ying tong, ying tong iddle I po" (and how fabulous was it when that was a hit all over again in 1973!). I could also mention another Goons' hit from 1956, I'm Walking Backwards For Christmas, but I won't. I'm sure Alma Cogan meant well when she suggested Never Do A Tango With An Eskimo in 1955, but when she recorded Hold Out Your Hand You Naughty Boy in 1963, well, I think we'd better stop right there.

Roger Miller's 1964 hit Dang Me seemed strange advice ("Dang me, dang me, they oughta take a rope and hang me"), while The Southlanders' 1958 effort I Am A Mole And I Live In A Hole was just out-and-out strange.



And what was Pat Boone thinking when he recorded 1959's Wang Dang Taffy Apple Tango? Or for that matter, Eddie Cantor back in 1922 with Yes! We Have No Bananas? And can I just say that I break down in tears every time I hear Eileen Barton's 1950 ditty If I Knew You Were Comin' I'd've Baked A Cake? No? Oh all right, then.

When I saw The Manfreds at Lynn Corn Exchange a few years back, lead singer Paul Jones actually apologised for Manfred Mann's 1964 No 1 hit. He told the audience: "Honestly - there she was just walking down the street, singing do wah diddy diddy dum diddy do ... how daft is that?"



Probably not quite as daft as Brian Hyland in 1960 singing about an Itsy Bitsy Teenie Weenie Yellow Polka-Dot Bikini, if truth be told. And tell me this. You know The Avons' 1959 hit, where Seven Little Girls Sitting In The Back Seat were kissin' and a-huggin' with Fred? Well just how big was the back seat of that car??

Of course, there's a fine line between the silly and the satirical. There are so many songs by the wonderfully-named Bonzo Dog Doo-Dah Band you could choose, but I always loved Can Blue Men Sing The Whites. That was from their 1968 album, The Doughnut In Granny's Greenhouse, you know.

And I've just got to mention Caravan's 1970 ditty If I Could Do It All Over Again I'd Do It All Over You, although perhaps I shouldn't.

By the way, our sojourn of silliness this month was inspired by Newsletter reader Joy Pearce. She e-mailed me to say my recent piece on the Rolling Stones at Glastonbury got her thinking about the first famous group she saw, Emile Ford And The Checkmates. And their big hit of 1959, What Do You Want To Make Those Eyes At Me For, led her to recall some of the dafter song titles of her youth.

She mentioned Des O'Connor's 1969 hit Dick-A-Dum-Dum (say nothing, it's safer), and Max Bygraves' frighteningly silly You're A Pink Toothbrush, I'm A Blue Toothbrush, from 1955. I'm not making this up, you know - it includes the line: "Every time I hear you whistle, it makes my nylon bristle ..."

That Max was a rascal. Who could forget his 1952 single Cowpuncher's Cantata, or his spectacularly silly 1954 effort Gilly Gilly Ossenfeffer Katzenellenbogen By The Sea? I wish I could. And both were top ten hits as well!

Joy added: "I enjoy your articles in the Newsletter. Keep up the good work." Bless your heart, Joy (the cheque's in the post!).

If you have any views, comments or suggestions you'd like to air about the column, silly or otherwise, feel free to contact me at: [frank@bronyaur.demon.co.uk](mailto:frank@bronyaur.demon.co.uk)



But meanwhile, I think we'd better leave the last word to Jerry Samuels. You may have heard of him as Napoleon XIV, who had a No 4 hit in 1966. Yes, that's the one ... They're Coming To Take Me Away, Ha-Haa!



## Peddars Way Travel Taxi/Minibus

**1st Class Service Comes as Standard**

**8 Seater VW Caravelle  
Wheelchair Friendly  
Air/Sea Port,  
Bus/Train Station,  
UK Holiday Destinations,  
Excursions,  
Sightseeing,  
Hospital Appointments,  
Shopping Trips,  
Nights Out, Parties,  
Functions,  
Special Occasions.  
Safe Reliable Drivers**





**CHIP & PIN WELCOME**

**For a no obligation quote;  
Tel: 01485 - 572234  
Mob: 07540 236 656  
Mob: 07775 434 087  
Email [info@peddarswaytravel.co.uk](mailto:info@peddarswaytravel.co.uk)  
Email [peddarswaytravel@btinternet.com](mailto:peddarswaytravel@btinternet.com)  
url: [www.peddarswaytravel.co.uk](http://www.peddarswaytravel.co.uk)**



# H.M.S.

**Domestic maintenance and repairs**

FASCIA & GUTTER INSTALLATION & MAINTENANCE

PAVING - OUTDOOR MAINTENANCE

CARPENTRY & JOINERY

DECORATION - PLUMBING REPAIR

**Chris Mella**  
9 Ingleby Close, Heacham  
Tel.01485 570873  
[www.hmsheacham.co.uk](http://www.hmsheacham.co.uk)



ABS ELECTRICAL & PLUMBING LTD



Electrical : Qualified to City & Guilds, PART P for electrical testing and certification. No job too small everything from a single socket to a full rewire.

Portable appliance testing (PAT).

Plumbing : Experienced plumber for all general installations and repairs, everything from a tap washer to installing extra radiators.

Reasonable rates and CRB checked.
Full liability insurance.

32 Valley Rise, Dersingham, Norfolk, PE31 6PT.

Contact Alan on
07810 808086

Office Fax
01485 298135

Email
[alancoulson4@sky.com](mailto:alancoulson4@sky.com)



## THE POTTING SHED MUTTERINGS FROM....

*The one smell that is more hearttracingly beautiful than the scent of any plant and is impossible to capture or contain within a garden, is the smell of warm soil immediately after a shower of rain.*

Montagu Don.

Since my last article came out, I have been frequently greeted on my perambulations round the village with the expression, "Hello Mr. Grumpy." I wonder why, as I am of a really sunny disposition. I also tell lies!

I and many others went to the Town Hall in Lynn to hear the Planning committee discuss the proposal for the large development to the south of our village. To everyone's relief the plans were rejected unanimously. Whether the developers will appeal the decision remains to be seen.

My garden is looking pretty awful at the moment. The brassicas are full of caterpillars, the ancient plum tree has only a few plums worth eating, the rest being covered in fungal rot or full of wasps. And the poor flower beds are decidedly parched looking. We keep getting odd sharp bursts of rain but we need about a week's worth. There you go, that's my sunny disposition breaking forth!

I've made my first, rather feeble, attempt to minimalise the plot. I've removed the planking from around two of the raised beds and plan to use them to raise two of the others to twice their original height. Once filled with compost and manure, I shouldn't have to bend so much to work them. The old escallonia hedge is coming out, as are a number of the Viburnum shrubs. This should give me a much clearer run for mowing. My brother recommends that I leave the orchard to go "wild" and just mow a path through it. He tells me, and he should know, that the grass won't grow higher than about 18", and if I plant the parasitic flower "Yellow Rattle" in it the grass will be weakened still further. This is all a bit nerve wracking for me but the only alternative is to move. As my Jill's remains are scattered in the garden, and as I still love the place, that's unlikely to happen whilst I'm still reasonably fit.

Having watched the programme on the box a while ago, I decided to have a go at the 5/2 diet. That's eating only 600 calories for two days a week and eating normally the rest of the time. You can split the two days up rather than doing them consecutively. So I decided to start last Tuesday. I was OK until about mid afternoon then I had a phone call from one of my children. It went like this. "Daaad, I've just realised my motor tax is overdue and when I went on line to renew it, it said my MOT was out of date." My normally sunny disposition did a nosedive and after I had sorted things for said child, I poured myself a small libation. Well about three glasses of libation. Then I felt very hungry so finished up stuffing food. Day one - failed!

By Friday my normal sunny disposition had returned and I tried another fasting day with more success. Then two days of "normal eating" and today I'm having another go. However, this morning, the weather being rather "iffy" I was wondering how to occupy myself. So I've emptied the chest freezer, defrosted it and repacked it. All that food! But frozen solid so I couldn't eat it thank goodness. And the stuff that needed chucking out like part used bits of Jus-roll pastry and odd looking bags of fish and meat. My daughter's vegetarian stuff which I'm not madly keen about, I decided to keep for her use. This has made some more space for me. I've decided to be strong and not buy any

more food until I've reduced the volume of stuff I already have. Does one really need six packs of Aldi's streaky bacon? And I found a couple of kilos of last year's broad beans, assorted almost used bags of peas and string beans, a tub of Cornish ice cream with honeycomb, yum, a pack of Aldi's version of Magnums, oh, all sorts of goodies. And being here on my own, I can eat it all without any filial criticism. That will be on my non-fasting days. So, how much weight do you reckon I'll lose? I'll be strong(ish) and resist temptation. Maybe. I reckon the chickens will enjoy the pastry and there are a couple of strange looking smoked mackerel fillets I'm going to give them (oh yes they like their meat). And some sweet corn cobs that I'm not keen on. And a couple of old hot dogs (whoever bought those, I can't stand them). I must stop talking about food as the day is still very long until I have my sumptuous salad tea. As I have a dressed crab in the fridge, I'm having all my 600 calories in one feast. Having looked it up I reckon I might even be allowed a few dried apricots for afters. Roll on tomorrow.

And tomorrow, Sunday, has arrived. Whoopee, I can eat again. I'm pretty pleased with yesterday so now have two days stuffing before Tuesday's fast. It's really not too bad to cope with and cheaper than "weight watchers". Whilst emptying my chest freezer yesterday I also found a box of pork belly casserole and one of duck. Plus two of winter soup. I even have a leg of lamb in my small meat freezer. Yes I do have two, from the days when we had four ever hungry meat eating children - three of whom are now vegetarian - and I bought meat in bulk to feed them. I'm hoping to empty that freezer as well then switch it off for good. So poor David Cook will not get too much custom from me for a while - sorry David.

I went to the Green Team meeting at the Parish Council office last Thursday and like an idiot allowed myself to commit to

## Coast Clean

Masterclass Carpet & Upholstery Cleaning  
specialist

Coast Clean is a family run business  
established 1964. We are a local professional  
Carpet & Upholstery cleaning company  
providing high quality cleaning services to  
both domestic & commercial customers

- We use high quality Safe "Green" non-detergent enzyme free products preventing rapid re-soiling
- Fast drying times causing minimum disruption
- We apply Protectors to prolong the life of your furnishings
- Leather cleaning and restoration specialist
- We clean and restore hard floors, specialising in Stone, Ceramic and Safety Flooring

For a free survey call Mark Hobley  
01485 535363  
07711011436



[www.coastclean.co.uk](http://www.coastclean.co.uk)

Incorporating CambsClean

giving a demonstration of compost making. I used to be a dab hand at this but with age comes laziness, well at least in my case. So I have to now try and find my original stuff - two computers ago and about 15 years - and try and remember what I did when I demonstrated the noble art to a gardening group in Pott Row.

On weekdays I always take the EDP newspaper which, despite its rotten spelling and grammar and mismatched pictures, is quite a good paper. However, on Sundays I go all upper crust and get the Observer. Even though they've just put up their prices, I like it as a paper, which will usually last me the week, full of interesting - and often gloomy - articles about this world we live on.

Reading through this I'm not too happy about my grammar. Let me know how many mistakes you find.

**Michael Drew**

### PLEASE CAN YOU HELP?

Do you own or know someone who does own a pretty/handsome (not sure of the sex) white cat with black markings? I know it is not unusual in this area (Broadway, Nourse Drive, Dix Close, Kenwood Road etc) but this one has a distinguishable black spot on its left shoulder about the size of a 50p piece and white ears. It has been a night visitor to my home since March and although it is not causing much of a problem, I would like to know if it has a home or is homeless before I can decide what I should do about it.

If you can help please contact me on 07789 516343. Thank you.

**Pam Earey**

## BURNHAM PROPERTY MAINTENANCE

15 Strachan Close, Heacham  
King's Lynn, Norfolk. PE31 7SB

**For all your property repairs & maintenance**

**Incl. Total Renovations & Refurbishments**

**All Brickwork - Woodwork - Plumbing**

**Electrics - Plastering - Decorating**

**Fencing & Patios**

**YOUR ONE-STOP REPAIR  
& MAINTENANCE SHOP**

**Free Quotations & Prompt Service  
NO JOB TOO SMALL**

Tel: 01485 570508  
Mob: 07903 138251  
Fax: 01485 571463

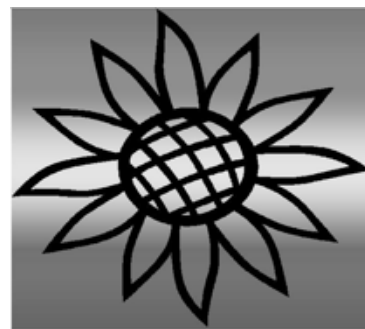
Well as it is October, we bring you the master of spookiness and terror Stephen King. We will be featuring his classic "The Shining", who knew that pages from a book could reach out and grab you and the long awaited sequel "Dr Sleep". King is the modern day Brothers Grimm for adults, pitching humanity's worst traits against the good, with a dose of things that go bump, not just in the night.

Sponsored by the Borough Council, there are 3 computers available for use at the Library with free internet access and printing at a small charge.

### Heacham Library Opening Hours

Monday, Wednesday, Friday - 10am-4.00pm  
Saturday - 10.am - Noon

### Heacham In Bloom



### Anglia in Bloom 2013 Results

Coastal Resort - Gold

### Other Commendations included:

St Mary's Church Rolfe Acre - Biodiversity  
Heacham North Beach - Sustainable Display Beds

The award of Gold, our first, was a fantastic achievement and the result of lots of hard work, built up over the last 5 years. We have had great support from the Heacham Community who have kept us all going. Sadly the blooms of the summer have all faded now, but we are looking to bring colour through the Autumn and Winter with multicoloured pansies.

We invite you to come along to our AGM on 14th October to meet the team. You don't have to join the Committee to become involved; you can join "Friends of Heacham in Bloom" who turn up if they are free when we have projects on the go.

**Heacham In Bloom**  
[heachaminbloom@btinternet.com](mailto:heachaminbloom@btinternet.com)

## Heacham In Bloom AGM

**Monday 14th October at 7.00pm**  
**Heacham Parish Council Office**  
**All Welcome**

## Heacham at Night

The nights are drawing in. Good! And British Summer Time ends on October 27th which means it will be easier to see the night sky at reasonable hours. In the middle of the month sunset is around 6pm whilst at the end it is just after 4.30pm. Viewing the night sky starts about two hours later when astronomical twilight ends. This version of twilight is when the sun is between 12 and 18 degrees below the horizon. Some of you might know of nautical twilight when the sun is 6 to 12 degrees below the horizon and the line between sea and sky can still be seen to aid navigation. Most of you will have enjoyed sunsets from Heacham's beaches. Sunset officially lasts until the sun is 6 degrees below the horizon and civil twilight ends.

BST began in May 1916 and was prompted by the First World War – it enabled more work to be done and saved energy. It had been proposed years earlier by William Willett to avoid the waste of daylight. Unfortunately, he died just before circumstances made his idea a reality, but he became a bit of a hero in the 1920's when the wood where he liked to ride was preserved (to avoid the encroachment of developers as much as anything else). In the Second World War, double summer time was introduced – the clocks moved two hours forward. Though few might remember that, more of you might recall permanent summer time between '68 and '71 when the clocks went forward but not back. I was a student then and recall little of that period.

Anyway, what will we see in these darkening nights and when? Times are given in BST; take an hour off in the last four days of the month when GMT reigns.

Mercury cannot be seen as it is below the horizon at civil twilight; it is placed very well at sunrise next month.

Venus is close to the horizon during civil twilight. Look SE and just 4 degrees above the horizon – this is just less than the distance across two knuckles at arm's length. On the 23rd Venus is close to Messier 19, a globular cluster. Binoculars should see it – get to the beaches! For those of you house or work bound and who fancy some astronomy in the afternoon: on the 8th you will see a crescent moon in the sky at 2pm, three degrees SE of this you will find a spark which is Venus. Use binoculars and you might pick out its gibbous phase (a bit less than full). The sun is in the sky as well so avoid that.

Mars is a tiny disk at present and will be at its best next year. However, you can get a look at it and wonder about when man will go there to join the robots like Curiosity still surveying a surface now known to have been shaped by water and from whence life might have first begun. You need to find a good easterly horizon and be prepared to observe between about 2am and sunrise. On the 1st at 2am, Mars is about 3 knuckles away from a waning crescent moon in a NE direction. Jupiter is well above it and slightly west. Binoculars should reveal the red colour of Mars. As the month wears on Mars gets a little further

above the horizon and shares the sky with a nearby bright star, Procyon.

Jupiter is rising once more which completes a cycle of sorts as it was beginning to get lower in the sky in April when the first of these articles appeared in the newsletter. Look for it from the middle of the month, midnight onwards and in the east again. On the 26th, around midnight, it will be above the moon and a little east of it. Jupiter will be bright and look different from a star. Steady binoculars should reveal a very small but distinct disc rather than a point of light. Extend a line from Jupiter through the moon and, at a similar distance below the moon, you will find Procyon again. Extend a line WNW from Jupiter and NW from Procyon and where the lines cross is mighty Betelgeuse. From 1am, to the west and a little south of Procyon is the brightest star in the sky, Sirius. Things will not be much different a day or two either side of this date. Procyon is a near neighbour as light from it takes only about 11 years to reach us. It is a binary star having a white dwarf as a companion.



### S & J Partyka Ltd

(plumbing & heating)

a family owned local business  
with over 30 years experience  
"you can count on us for a  
professional service"

01485 570688 - 07831 776881  
[partyka.plumbing@gmail.com](mailto:partyka.plumbing@gmail.com)

**all plumbing and heating work undertaken**

- from a new tap washer to a full bathroom installation
- from a new radiator valve to a full heating system
- new gas boilers fitted
- boiler servicing
- central heating power flushing

**water - gas - oil - air source**



No.28926

**"all work fully guaranteed"**

# Fullers Body Repair Centre



Unit 10  
Cheney Crescent  
Heacham  
Norfolk  
PE31 7BT  
T: 01485 570799  
M: 07799 118503

Established 1973  
E: [beautifulbodies@hotmail.co.uk](mailto:beautifulbodies@hotmail.co.uk)

**Free Estimates · Resprays · Accident Repairs  
Corrosion Repairs · Insurance Approved**



Betelgeuse is 500 times as big as the sun and is classed as a red supergiant – placed where the sun is, it would extend almost to Jupiter. It is the second brightest star in the constellation Orion. Light from it takes around 650 years to reach us. Sirius is closer than Procyon with light from it reaching us in about 9 years; it, too, is a binary system.

Uranus reaches opposition on the 4th. Opposition means it lies directly opposite from the sun as seen from the Earth so it is as close as it gets and presents a full face so is also as bright as it can be. However, it will still be around 1,800 million miles away from us so not very bright. Good eyes in a clear dark night will just see it as a point of light. Fixed binoculars should see it; a telescope will reveal a blue green disc. On the 17th at 8pm find the full moon. A knuckle width below it (at arm's length) lies Neptune. Wait for the moon to get out of the way and scan that area with binoculars.

At 12.50am on the 19th the south pole of the moon just clips the Earth's shadow and you might see a slight dimming of the region. On the 13th there is a chance of seeing a few meteors in the Piscid shower.

In June's newsletter I mentioned comet ISON. Well it is still coming but may not be 'brighter than a full moon'. It has not got any brighter in the last three months, is currently (September) about 150 million miles from the sun and just above Mars in the sky. It is several miles across, accelerating as it falls towards the sun, and currently travelling at around 70,000mph. More news on ISON next month.

Something I forgot last month: Today, as I write this on 19th September, the full moon is called the Harvest Moon as it is close to the autumn equinox on the 22nd September. After this point in the Earth's orbit, in the northern hemisphere, night length becomes longer than day length – the nights are drawing in.

Terry Parish



**The Norfolk Hospice  
Make a Will Week**

Support YOUR local hospice during Make a Will Week 25th – 30th November 2013.

Make a Will Week is an opportunity for people to write their will knowing that £50 of the fee will be donated to the Norfolk Hospice, Tapping House. Local solicitors are working with the Norfolk Hospice, Tapping House to increase their awareness and income by agreeing to donate £50 of the will writing cost to the Hospice during the 'Make a Will Week'. If you wish to write a Will and support the Norfolk Hospice, Tapping House, please make an appointment with one of the participating solicitors listed on our website: [www.norfolkhospice.org.uk](http://www.norfolkhospice.org.uk) or call our office on 01485 542891.



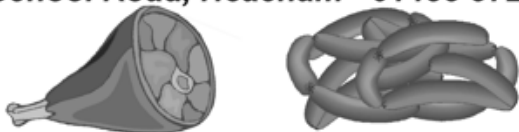
**TONY'S HOUSE MAINTENANCE**

**Kitchens & Bathrooms Tiled.  
Painting - Interior and Exterior.  
Gutters Cleaned, Repaired or  
Replaced on Bungalows only.  
Fencing, Patios & Gardening.**

**41 Meadow Road, Heacham.  
01485 571038. Mobile 07932 123781**

**HEACHAM BUTCHERS  
(DAVID COOK)**

2, School Road, Heacham - 01485 572104



**Free Delivery Service (Tuesday & Friday)  
We sell only quality meat  
Homemade Sausages a Speciality  
Fresh Vegetables - Friendly Service  
Hours:- Tues - Sat. 8am -5pm.**



**P.G. PLUMBING  
& BUILDING**

**24 Hour Emergency Service**

---

**Plumbing - Heating - Tiling  
Bathroom Installations**

---

**Disabled Adaptation Specialists**




**54 Marram Way Heacham.  
Freephone 0800 2343044 Mobile 07836 506379  
(Est 1985)**

## Heacham in 1921

Heacham on Friday 6th October 1921

Further adventures of S.C. Neville-Rolfe's descendants.

### A Train Departure

Having risen, our student strolled down the corridor and found Sybil on the landing. They went downstairs and strolled into the garden. He asked her who should be tipped. She gave him the admirable hint that she always left the money on the table, thus letting them fight it out.

He then took her along to the boats, and met his Aunt Margaret feeding the pigeons. They next went round to see the wasps nest which Thacker had dug up – according to him it was the largest found in the garden.

At 8.00 they went in to breakfast, and shortly after they had begun Carl came round with Cunie. He conversed a short time through the open window.

After breakfast, Sybil paid a cheque to Margaret for money which she had supplied to her nurse. The student retired upstairs to pack his suitcase.

How he got all his things in he couldn't tell. It was packed when he arrived and furthermore he got in apples, two books, and Marie's picture which took up yards. His waterproof had to remain out.

Wandering about he went and watched the eels in the river – The day was lovely but evidently not so hot as the previous one.

Sybil had gone off to her children, but soon came back again with Peter. The student took him in charge and they thought it would be capital to go and collect acorns. Accordingly, they set off to behind the garage and set to work. The store there never seemed to end for no sooner had he picked them up than the

student distributed them on the ground again, and they came to the conclusion that they must veritably spring out of the ground.

In the middle of the search Tyle came round with the student's homberg which he had taken to them on the previous evening. He was thanked profusely and they strolled back to his gates. The student said farewell to him there, with a final thanks.

Sybil rolled up again, and, with Margaret and Peter, they strolled off in the direction of the house. Peter luckily dropped his box of acorns, and was trundled on under the impression that his cousin was picking them all up again. In point of fact some 25% only were picked up for as Sybil pointed out "Imagine the scene in the carriage with all these acorns rolling about the carriage floor." The student soon caught up again, and handed Peter the rattling box. Sybil and Peter then went on their way, while Margaret told him the arrangements were as follows:

The car would take Sybil and party to the station at an early hour, and then to the Mill House to pick him and the luggage up nearer the departure of the train.

With time to spare he went to the windmill to say good-bye. When a quarter of the way across the fields he saw Ramsay at the further end with a golf club. He said he was motoring Aunt Maud and Audrey to Brancaster. Maud was just setting off to the village. She refused to take the student on the step, which he thought was very unkind.

In the billiard room were the Contessa, Louie and Derick. Louie was trying on a hat for him, and said that the shopkeepers were jolly nearly rude to him by suggesting water on the brain. He said good-bye to the Contessa and Ramsay. The others were going to the station.

On returning to Mill House he found Margaret in the French room doing photos. They strolled about in the garden and he urged her to look him up as she passed through Cambridge. For



**PR - HEAT**  
GAS SERVICES  
GAS • OIL • LPG

- Service, Breakdown, Repair
- Landlord Safety Certificates
- Boiler changes, new heating
- Very competitive prices
- Boilers, Fires, Cookers etc.

Call us... **01485 570658**  
or **07917 832311**



# BUSHEL AND STRIKE

24 Malthouse Crescent  
Heacham. PE31 7DL  
Tel:- 01485 572509

**OPEN**  
MONDAY 3pm - 11pm  
TUESDAY - SUNDAY 12 noon - 11pm

**POOL** **DARTS**

REAL <sup>-00-</sup> ALES

**HOME COOKED FOOD  
BEING SERVED**  
TUESDAY - SUNDAY  
12 - 2pm & 6 - 9pm

-00-

**TRADITIONAL SUNDAY ROAST**  
**FROM 12 noon - 2pm & 6 - 9pm**

-00-



**01485 609223**

**The Finest Local Value**

**EXPERT OVEN +  
CARPET CLEANING**



By Clean Tech – Please Call Today!  
"Need it done today? Call me now."

some reason or other she did not enthuse about lunch, but said she carried sandwiches.

Soon the car turned up. Margaret just remembered the birds. (Game birds from Sedgford Hall.) The descendant bundled in with Nurse and Orea and he took his seat – The luggage in, he said adieu, nay au revoir, the car gave a lurch, and soon he was to be seen waving and shouting in the rapidly receding car.

He felt a sort of weight fall down upon him as he realized that pleasant little dream was at its close.

Soon the car came to the station. A porter dealt with the luggage while he booked his ticket. Everyone was on the platform; his Aunt Maud, Uncle Carl, Louie, Sybil, Peter, Orea, Nurse, the maid, the student and Miss Folsham. Carlo gave her a wink, but apart from this she was not paid much attention to.


The train puffed in, Sybil expressing colossal surprise when she saw he was getting in with the menagerie as she called it. He couldn't quite make out whether she wanted him in there or not. Panic set in, everybody said things to everybody else, seats were found, luggage stowed away, and finally all was quiet – the student was out on the platform trying to persuade his Aunt Maud to go to Cambridge. Louie was fixing up with Sybil, the nurse was sitting down paying attention to the kids within and Carlo said "good dog Ben".

The engine howled, the student sprang in, Sybil shouted and steadily they moved off – the usual steamsmokytrainsmell beset them as they saw the station, Clarke's garden, gates, signal box, nursery gardens fly past at a quicker and quicker speed.

Amen, thought the student, and heaved a sigh. At Lynn they all reversed seats, and it was an extremely short time before arriving in Cambridge.

He parted from these last few with sorrow. Oh how gorgeous is Heacham.

From another descendant



**Goldilocks**  
*Your friendly and Professional Salon*

Stylists specialising in all aspects of hairdressing  
Corrective & Creative Colour Work  
Fashion Cuts, Bridal Hair,  
Perming, Up-do's  
Individual Consultation & Advice  
Gift Vouchers

State Registered Hairdressers  
Level 3 Stylists and Assessors

20 Austin Street  
Hunstanton  
01485 532001  
www.goldi-locks.co.uk



**R'n'R FENCING**  
*& Landscapes*

Domestic, Commercial & Agricultural

- DECKING • PERGOLAS • PATIOS
- TURFING • RECLAIMED SLEEPERS

**ALL ASPECTS OF LANDSCAPING**  
FREE QUOTES • PUBLIC LIABILITY INSURED

**07881 947506 / 01485 572107**

*Prided on Quality & Reliability*



## Operation Christmas Child.

### Shoobox Appeal.

Since 1990, more than 100 million boys and girls in over 130 countries have experienced God's love through the power of simple shoebox gifts from Operation Christmas Child. Samaritan's Purse works with local churches and ministry partners to deliver the gifts and share the life-changing Good News of Jesus Christ.

Shooboxes are given to children based on need, regardless of their background or religious beliefs. It's an unconditional gift of love.

Last year Heacham sent over 185 boxes to Operation Christmas Child; thank you to all who gave so generously. St Mary's Church will be taking part in this year's campaign and would like to encourage you all as either groups or individuals to make up a box for this year.

Detailed leaflets are available from St Mary's Church, Christian Bookshop, church office, on-line at [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk) or contact John Whitbread on 01485 579326. Please deliver your boxes by the 17th November to either the church or the bookshop. If you need them collected please contact John Whitbread.

We have so much - it would be wonderful to share.



**SUTTONS**  
estate agents

[www.suttonsestateagency.co.uk](http://www.suttonsestateagency.co.uk)

**01485 570030**

29 High Street Heacham Norfolk



PE31 7EP

Property sales details with professionally drawn floor plans, maps and colour photographs.

Property details are also available at  
Torc Financial Services, The Business Centre,  
Snettisham

For a professional and friendly service  
contact us on:- **01485 570030**

We are Agents for



## WHAT'S ON REGULAR EVENTS

PC = Parish Council Office, Pound Lane  
PH = Public Hall  
NC = Neville Court

OFH = Old Friends Hall, Sunnyside  
PRH = Pine Resident's Hall, Wilton Rd  
SG = Scout & Guide Hut, Sunnyside

HSC = Heacham Social Club  
MC = Methodist Church Hall, Station Rd  
SM = St Mary's Church Hall, High Street

### MONDAYS

TABLE TENNIS 9.30am Tel: Adrian 570477 (PH) Top Room  
SUNNYSIDE CLOSE (Sheltered Housing for over 60's)  
Coffee Morning 10.30am Tel : 570492  
RAINBOW CIRCLE TODDLER GROUP 1pm in school term  
time Tel: Pip 570812 or Karen 571837 (SM)  
ZUMBA GOLD Exercise to music 1-2pm Suitable for all  
levels 2.15 - 3.15pm Gentle stretch & relaxation classes for all  
ages Tel: Suzie Povey 07900 818311 (PH)  
ROLLASON STAGE SCHOOL Dance Classes age 6+ Ballet  
tap & modern 4.15-5.15pm Street 5.15-6pm Boys only street  
6-6.45pm age14+ Zumba 7-8pm [Tel:579074](tel:579074) (PH)Top Room  
2nd HEACHAM RAINBOWS Term Time Girls 5-7 years  
5 - 6pm Contact Tel: Jenny 534107 (MC)  
RESTORATIVE YOGA 6 - 7.30pm at Heacham First School  
Contact Sandee Tel: 01485 570485  
1st HEACHAM SCOUTS ( boys and girls aged 10 to 14yrs )  
7 - 9pm Tel: Rob 572239 or Julz 572890 (SG)  
HEACHAM IN BLOOM (see Heacham Diary) (PC)  
INDOOR BOWLS CLUB 7pm (MC)  
ZUMBA 7-8pm £4 pp Tel: Michelle 579074 (PH) Top Room  
LINE DANCING 7-9pm £3.00 Tel: 532317 (PH)  
HEACHAM WIVES GROUP - 2nd Monday of most months  
at 7.30pm (HSC) Top Room Contact Sue Scott Tel: 572252

### TUESDAYS

HEACHAM DAY CENTRE FOR ELDERLY 9am-3.30pm  
Transport may be available Tel:Mick Harpley 07527125574  
(OFH)  
ACTIVE FOR LIFE exercise classes for those aged 60 and over  
or at risk of Osteoporosis 10-11am at Heacham Surgery  
Classroom Tel : Pat 298429 or Jane 571232  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
LADIES KEEP FIT FOR OVER 50's 10.30 - 11.30am. Contact  
Kath Manning-Coe Tel : 01553 774343 (SM)  
CARERS SUPPORT GROUP West Norfolk Mind Tea & Chat  
at Piece of Mind 4 Poplar Avenue 1 - 2.30pm Tel: 572707  
LINE DANCING 1.30 - 3.30 pm Contact Diane 571166 (SM)  
WOMENS FELLOWSHIP 2.45pm Every other Tuesday (MC)  
1st HEACHAM GUIDES 5.30 - 7pm Tel: Sue Theunissen  
07833747059 or just come along (MC)  
SLIMMING WORLD 5.30pm & 7.30pm Tel: Ann 01553  
763949 (SM)  
WEIGHT WATCHERS 7pm (OFH) Tel:Alison 07796 904311  
PARISH COUNCIL MTG 3rd Tuesday monthly 7.30pm (PC)  
HANDS & NEEDLES GROUP every other Tuesday  
7.30 - 9.00pm Tel: Joan Careless 570363 (MC)  
HEACHAM DIGITAL CAMERA CLUB meets 1st & 3rd  
Tuesday monthly 7.30pm Sandringham Club West Newton  
Email: [heachamdigitalcameraclub@yahoo.co.uk](mailto:heachamdigitalcameraclub@yahoo.co.uk) or call Viv for  
info on 07906056019  
POCAHONTAS PLAYERS Drama Group 7.30 - 9.30 pm Tel:  
570402 (PH)  
LIVE ENTERTAINMENT from 8.30pm at Fox & Hounds  
HEACHAM BOOK CLUB 3rd Tuesday monthly Tel: Beth  
570479

### WEDNESDAYS

CAR BOOT SALE 7am Last sale 23/10/13 (HSC Field)  
WEST NORFOLK MIND Day Centre 9.30-3 pm at 4 Poplar  
Ave Heacham £35 per day or £20 part of a day (personal  
budget holders & self-funders welcome) Tel: Joyce Armstrong  
07704338775 [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk)  
SCALLYWAGS PLAYGROUP Term Time 9.30 - 11am £2  
Tel: Clare 07816913657/Jo 07521447284 (SG)

CARPET BOWLS 10.30 - 12 noon Tel: 570776 (PH)  
LINE DANCING 1.30 - 3.30pm £3 Tel: 532317 (PH)  
PATIENT ADVICE & LIAISON SERVICE 2 - 4pm on 2nd  
& 4th Wednesdays monthly (PC)  
HEACHAM LITTLE DRAGONS Korean martial arts of self  
defence Ages 5+ 4.30-5.30pm Tel: Ian 07806622154 (SG)  
FOOTBALL Under 8&9's 4.30-5.30pm Contact Mark  
07561303886 (HSC) playing fields  
TAI CHI & KUNG FU 6-7.15pm-Childrens Kung Fu 7.15-  
8.15pm-Adult Tai Chi 8.15-9.30pm-Adult Kung Fu Tel:Derek  
01553 674779 (PRH)  
HEACHAM TENNIS CLUB Senior Club night @ 6pm  
\*Suspended until November\* For more info Tel: Janice  
Campbell 07923612187 (HSC)  
LINE DANCING FOR IMPROVERS - 7 - 9pm. £3.  
Contact Diane 571166 (SM)  
BINGO 7.30pm Neville Court Grouped Home  
HEACHAM TWINNING ASSOCIATION 3rd Wednesday  
monthly @7.30pm New members welcome Tel: 579465.(PC)  
WEST NORFOLK SINGERS 7.30pm Tel :Heather Titcomb  
01485 542960 (MC)  
QUIZ NIGHT 8.45pm Prompt start New teams of up to 5  
welcome £1 entry pp Cash Prize & Cash Snowball (HSC)

### THURSDAYS

WEST NORFOLK MIND Day Centre (specifically for older  
people dementia friendly) 9.30-3pm For info see Wednesday  
TABLE TENNIS CLUB 10am (PH Top Room)  
ACTIVE FOR LIFE see Tuesdays entry for details  
CARPET BOWLS 10.30am - 12 noon Tel: 570776 (PH)  
MOTHERS' UNION 4th Thursday monthly 2pm (SM)  
TREFOIL GUILD 1st Thursday monthly 2 - 4pm  
Tel: 07813014477 Mary Harpley (PRH)  
BINGO 2.30pm at Sunnyside Close (Sheltered Housing for  
over 60's) Tel: 570492  
WRITING GROUP AT HEACHAM SURGERY 3 - 5pm every  
other Thursday Contact Heacham Surgery or Tel: Caroline  
Smith 01553 819460 between 1-1.30pm Tuesday  
1st HEACHAM BROWNIES Term Time Girls 7 - 10yrs (MC)  
5.30 - 7pm Tel: Sara (Brown Owl) 517028 or 07876 564084  
JUDO Beginners 6 - 7.30pm Tel: 571614 (PH)  
1st HEACHAM CUBS ages 8 - 10yrs  
Term Time 6.45 - 8.30pm Tel: Sam 572138 (SG)  
JUDO Advanced 7 - 9 pm Tel: 571614 (PH)  
FLOWER CLUB 4th Thursday monthly 7.30pm Flower  
arranging & demonstrations Tel: Alayne Seymour 570560 (SM)  
RAO BUFFALOS 8pm (HSC Top Room)  
QUIZ NIGHT Cash Prizes 9pm at Fox & Hounds

### FRIDAYS

BEREAVEMENT SUPPORT IN HEACHAM 10am - 12 noon  
3rd Friday of the month Contact Renee Smith or Barbara  
Fargher [silverlinings@gmx.co.uk](mailto:silverlinings@gmx.co.uk) or [Tel:534741](tel:534741) (SM)  
COFFEE AFTERNOON Fridhem Rest Home Station Rd Last  
Friday of the month at 2pm  
SOLO WHIST - Don't be solo - Go solo 2 - 4pm Entry £1  
Congenial atmosphere (PRH)  
1st HEACHAM BEAVER SCOUTS for boys & girls aged 6 to  
8 years Term time 6 - 7.15pm Tel : Barry 570767 (SG)  
TAI CHI & KUNG FU 6-7pm Beginners Tai Chi  
7-8pm Advanced Tai Chi 8-9.30pm Adult Kung Fu  
Tel: Derek 01553 674779 (PRH)  
CASH BINGO 7.30pm (PH)  
WILD FOWLERS CLUB 1st Friday monthly 7.30pm  
(HSC Top Room)

## HEACHAM DIARY

### **SATURDAYS**

HEACHAM YOUTH CLUB Term Time School years 6-11  
Tel: Tracey Swann 07833 307856 (SM)

**Saturday 5th October** GIG 'Big D' at Silver Sands  
\*\* GIG 'Rea & Ricky' at Fox & Hounds Station Rd  
8.30pm

**Sunday 6th October** GIG 'The Kings Swingers' at Fox & Hounds Station Rd from 1.30pm

**Tuesday 8th October** GIG 'T.B.C.' at Fox & Hounds Station Rd from 8.30pm

**Saturday 12th October** GIG 'Ray Ryan' at Silver Sands

**Monday 14th October** Heacham in Bloom AGM 7pm at Parish Council Office Pound Lane All Welcome

**Tuesday 15th October** GIG 'Andy Graham & Guests' at Fox & Hounds from 8.30pm

**Thursday 17th October** 12 noon Deadline for submissions for insertion into the November Edition of the Newsletter

**Friday 18th October** GIG 'Out to Play' at Fox & Hounds Station Rd from 8.30pm

**Saturday 19th October** GIG 'Mark Steel' at Silver Sands  
\*\* GIG 'Dirty DC with Tattooed Lies' at the Public Hall  
Doors open 7.30pm Tickets £12.50 From Trev Frammingham  
07747156204

**Monday 21st October** 'Bingo' at Fridhem Rest Home  
Station Road Eyes down @ 7pm 'All Welcome'  
\*\* PPG Meeting at Heacham Group Practice 7.30pm in  
Heacham Surgery for info Tel: 579007 Mike Press

**Tuesday 22nd October** GIG 'Back Pages' at Fox & Hounds Station Rd from 8.30pm

**Saturday 26th October** Messy Church at St Mary's Church  
Heacham 10am-12noon Book in advance Tel: 571348 or  
email [griffin568@btinternet.com](mailto:griffin568@btinternet.com)

\*\* GIG 'Double End of Season Party with Craig Powell' at Sliver Sands

**Tuesday 29th October** GIG 'Part Time Blues Band' at Fox & Hounds from 8.30pm

**Wednesday 30th October** Blood Doning Session at Heacham Public Hall 1.15-3.30pm and 5-7pm to book an appointment Tel: 0300 123 23 23 or online [www.blood.co.uk](http://www.blood.co.uk)

**Friday 1st November** Twinning Assoc 'Quiz Night' 7pm for 7.30pm start at The Old Friends Hall Sunnyside £10 per team of 4 More info 579465 or [twincub@hotmail.co.uk](mailto:twincub@hotmail.co.uk)

\*\* GIG 'Jam Session with DNA' at Fox & Hounds

**Saturday 2nd November** GIG 'Double End of Season Party with Cory Lewis' at Silver Sands

**Sunday 3rd November** GIG 'The Kings Swingers' at Fox & Hounds Station Rd from 1.30pm

\*\* All Souls Service 3pm at St Mary's Heacham There will be a chance to talk afterwards over a cup of Tea or Coffee

**Monday 4th to Friday 8th November** Flu Clinics at Heacham Group Practice Appointments available to book from Monday 22nd October after 11am Tel: 572769

**Tuesday 5th November** GIG 'Bone Idle' at Fox & Hounds Station rd from 8.30pm

**Sunday 17th November** Deadline for delivery of Shoeboxes for Operation Christmas Child to St Mary's Church or the Christian Bookshop More info from the church or bookshop

**Sunday 1st December** Twinning Assoc visit to Bury St Edmunds Christmas Market Depart 9am £12 per ticket (children £6) to reserve a seat Tel: 572252 Sue

### **OTHER EVENTS**

**Monday 21st October** 'Folk Dancing' at Brancaster Staithe Village Hall 7.30-9.30pm Contact Janet Bowles Tel: 210587  
SEDFORD PRE-SCHOOL - Toddlers from age 2+ Mon to Fri mornings 8.45-11.45am (with optional 'wraparound' from 11.45am to 12.30pm) and **Tues & Thurs** afternoons 12.30-3.30pm (term time) Sedgeford Primary School Ringstead Rd Sedgeford - Tel: Jane 01485 579489

### **Mondays**

U3A HUNSTANTON meets 3rd Monday monthly (except Aug & Dec) 2pm at Hunstanton Community Centre for details  
Tel: Chris (Chairman)535065 or Barbara (Secretary)571484

### **Tuesdays**

BRANCASTER BABY & TODDLER GROUP Simms Reeve Inst.Hall Brancaster 9.30-11.30am(term time) £2 per family  
For info email: [brancasterbabyandtoddlergroup@yahoo.co.uk](mailto:brancasterbabyandtoddlergroup@yahoo.co.uk)  
KEEP FIT FOR OVER 50's 10.00 to 11.30 am Ringstead VH Cost £3.50 Tel: Val Barnes 01328 864358

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence 'all ages' 6.30 - 8.30pm at Smithdon High School For details contact Ian on 07806 622154

HUNSTANTON COMMUNITY CHOIR Informal singing for fun, no audition required 7-9pm at Hunstanton Town Hall £3 per session Inc. refreshments Just turn up

### **Wednesdays**

HUNSTANTON VOLUNTEER SURGERY 3rd Wednesday monthly 10am-12noon at 1st Flr Council Offices Valentine Rd  
Tel: 01553760568 Karen Lee or

[Karen@westnorfolkvca.org](mailto:Karen@westnorfolkvca.org)

RESTORATIVE YOGA 10 - 11am Sedgeford Village Hall  
Contact Sandee Tel: 01485 570485

DOCKING LOCAL PRODUCE MARKET 10am - 3pm in Ripper Hall Tel: 518945

LYMPHOEDEMA SUPPORT GRP meets the 2<sup>nd</sup> Wednesday monthly 10.30am-12noon at Tapping House Snettisham  
NICE & GENTLE Fitness 1-2pm £3 pp Inc's Tea or Coffee at Hunstanton Community Centre tel: Michelle 579074

CATKINS TODDLER GROUP - Wed afternoons 1.00-3.00pm term time only Sedgeford Primary School Ringstead Rd Sedgeford - Tel: 01485 579489

ROLLASON STAGE SCHOOL Dance Classes under 6yrs Ballet tap & modern 4.30-5.15pm Seniors Ballet & modern 5.15-6.15pm Senior street crew 6.15-7pm at Hunstanton Town Hall Basement Tel: 579074

YOUTH 45 GROUP meet at Ringstead Village Hall 7pm-8pm for ages 7-14 Cost is £1 per evening and the contact is Mr T Large 11 Holme Road Ringstead Tel: 01485 525480

FIRE CADETS at Hunstanton Fire Station 7-9 pm Boys & Girls 13yrs+ Come along for a fun and interesting evening learning about all aspects of fire safety Tel : 07919 492294

WEST NORFOLK TAI CHI CHUAN - weekly local Tai Chi classes [www.west-norfolk-tai-chi.com](http://www.west-norfolk-tai-chi.com) for information.

### **Thursdays**

ROLLASON STAGE SCHOOL Musical theatre group 4.30-5.30pm at Hunstanton Town Hall Basement Tel: 579074

CHILLATES 6-7pm £4 pp at Hunstanton Town Hall Basement Tel: 579074

KINGS LYNN & DISTRICT OSTEOPOROSIS SOCIETY meet in Kings Lynn 4th Thursday monthly at 7.30pm Door to door taxi service - £2 For more info Tel: Pat Reilly 572271

### **Fridays**

BRANCASTER BABY & TODDLER MUSIC GRP Simms Reeve Inst. Hall Brancaster 10-11.30am(term time) 1st & 3rd Friday monthly £1.50 per family (see Tuesday for info details)  
ZUMBA at Docking Ripper Hall 6.15-7.15 £4 pp for info Tel: Michelle 579004

HUNSTANTON TANG SOO DO CLUB Korean martial arts of self defence mixed club all ages 6.30 - 8.30pm at Smithdon High School Hunstanton For info Tel: Ian 07806 622154

### **Saturdays**

CHRISTIAN YOUTH GROUP 3rd Sat monthly 10am-12 noon ages 10-14 Cost £1 at Dersingham Church Hall More info from Steve 07425 145887

INDIE ARTS CLUB 2nd Sat monthly 1-4pm at Hunstanton Town Hall Basement Entry & Membership free Tea or Coffee 50p Book in advance via email: [bookings@wattsington.com](mailto:bookings@wattsington.com)

**Community Cinema**  
**On Saturday 19th October**

Cinema in Syderstone  
 presents  
**'Flight'**

Denzel Washington plays a pilot in charge of an airliner in trouble, which he crash lands successfully, only to be accused of being under the influence of drugs and alcohol when he was on duty. A mesmerising performance - with able support from Don Cheadle and John Goodman.

Venue: Amy Robsart Village Hall,  
 Syderstone PE31 8RX.  
 Start time: 7.30pm.  
 Advance Tickets £3.50  
 Contact 01485 578588 or 578171  
 Email: cinema@syderstone.com



**Hunstanton & District Rotary Club**

**Summer Events for Hunstanton Rotary Club**

It was once again a very busy July and August for Rotary members with participation in 3 major events that make up the majority of our fundraising in the year; The Hunstanton Carnival,



Norton Hill Railway and Kite Fair. These events contributed almost £19,000 to funds, the majority of which will go to local good causes. It has been a record breaking year helped by the fact that all three events enjoyed fine sunny weather.

The Norton Light Railway at Snettisham on 27th and 28th July, enjoyed by nearly a 1000 people over the two days, was a true



**FENSA**  
Reg No 13383

**SANDRINGHAM WINDOWS**

**WINDOWS - DOORS - CONSERVATORIES**  
**SPECIAL DISCOUNTS FOR O.A.P.'s**  
**Tel: 01485 544488**

**Smithdon High School PTA (SPLAT)**

is holding a

**Prize Bingo Evening**

**on Thursday 17th October**  
 in the school hall.

Doors open at 6.30pm, eyes down at 7.00pm.

Refreshments available.

All funds raised go towards enhancing the education of all pupils in the school.

**A. E. WALLIS**  
 Television and Cycle Retailer

**EURONICS**

We are members of Europe's biggest independent electrical buying group

\*Dealership of Quality\*

TV's, Video's and DVD's,	Cycle Sales
Washing Machines and Tumble Dryers,	Cycle Spares
Cookers, Built in models and so much more.	Cycle Repairs
	Cycle Hire

34/40 High Street Heacham 01485 570303/ 571683

GATES - RAILINGS - WEATHERVANES - CURTAIN POLES

**Sandringham**  
**IRONCRAFT**

**HIGH QUALITY ORNAMENTAL IRONWORK  
 AND STEEL FABRICATION**

**Unit 4, Cheney Crescent, Heacham**  
**Tel: 571129**

SECURITY GRILLES - FIRE HOODS - ARCHES - CARAVAN STEPS



**Thursday 24th October – 7.30pm**

The West Norfolk members' group invites you to an illustrated talk by Dr Dave Leech, Senior Research Ecologist at BTO, on Breckland Reed Warbler monitoring.

**'Life in the Reeds'**

Venue: Hunstanton Methodist Church Hall, Austin Street

Cost: £2.00 members / £2.50 visitors

family affair and could genuinely be referred to as a 'fun day' with the railway rides being especially popular. Those local charities who will benefit from the event were there to provide significant support to those members of Rotary and Inner Wheel.



18th August was the Rotary's 17th Kite Festival and may be the most successful ever with 4000 attending. Definitely in terms of funds raised, which were around £11,000 but also in terms of enjoyment by all those who attended. On the ground the entertainment, craft and trade stalls, catering, competitions and record number of classic cars were excellent. In the air the Kite displays, Hurricane and Red Arrows flypast made the day extra special.

During this period Hunstanton Club held their weekly meetings, welcoming guests who came to talk about their projects that we might consider helping in the future; such as Rosie O'Grady who runs the Magpie Centre (West Norfolk Riding for the disabled) and those we are currently helping such as Sari Bean whose project meant that school children in Indonesia are provided with toilet facilities. Also guests such as Nick Corke, District Governor Elect from Framlingham, who spoke about how he would like Rotary to progress and who praised our relatively small club for its fund raising over the year. Nick in fact was an initiator of the Lend With Care scheme which we see as an exciting new way of maximising some of the Trust funds we use for good causes and are sure we will hear a lot of in the future.

**Rene Rooth**

## Wells Community Hospital – Update

**Dementia hub project** - To help us ensure that Wells Community Hospital's new dementia hub project - the Mermaid Studio – is providing the right facilities and services, the hospital would like to hear from family members or carers of people with dementia. If you would like to take part in a discussion group or simply send in your comments and ideas, contact Barry Dennis on 01328 711996 or email [barry.dennis@wellshospital.org.uk](mailto:barry.dennis@wellshospital.org.uk)

There may still be a few places left for the event at 10.30am on Monday 21st October. It is for people with dementia and a family member or carer. There will be 20 minute sessions on Singing/Music (led by David Saunders), Reminiscence and fun (Mary Granville-White) and Light exercise with music. Anyone interested should contact the hospital on 01328 711996. Refreshments will be available and the session will last for about 2 hours.

Work has started on the project to create a dementia friendly garden at the hospital. A designer has been appointed. We will be looking for keen local gardeners to help us maintain it once it opens next year. We are also looking for volunteers to help run a small café which we plan to open next year.

**Photos and memorabilia wanted** – Reminiscence is an important issue for people with dementia. As part of our plan to make the hospital dementia friendly, we are looking for old photos of Wells and the hospital and memorabilia to display around the building.

**Renal dialysis** – Our renal dialysis unit has welcomed record numbers of holidaymakers this year. Many have come to North Norfolk for the first time and been delighted with what the area has to offer.

**Fundraising team** – Our fundraising team have had a really busy summer and raised thousands of pounds for the hospital. They currently have Christmas raffle tickets available. First prize is a £500 cycle donated by Fatbirds of Hunstanton.

**A “Christmas Affair with Granny’s Attic”** will take place on Saturday 30th November at 3 Marsh Lane, St Anthony’s Cottage, Burnham Norton. 10am to 3.30pm. Free entry. A great opportunity for some early Christmas shopping. Refreshments available.

**New hospital calendar** - Our first Norfolk Coast Calendar (£6.99) is selling well. It is available from the hospital where you can also buy our specially designed Christmas cards.

**Latest Lottery winners** - R Butler, S McCartan, Mrs Joanne Jamieson, Mrs Jean Tuttle, A Day, Mrs Joanne Jamieson, Mr & Mrs R Webber, Deirdre Amsden, Mrs Ann Squire and Mrs Ann Small.

**Barry Dennis**

**CEO Wells Community Hospital Trust**

**Mill Road, Wells-next-the-Sea, Norfolk. NR23 1RF**

**Tel: 01328 711996**

**QUALIFIED  
ELECTRICIAN**  
Available for Extra Sockets,  
Lighting & BT Points  
No Job too small  
Free Estimates  
No call out charges  
Telephone  
**01485 572726 or 07813 173 446**

the natural choice

- crystals
- aromatherapy
- creams / lotions
- gift ideas
- crystal lamps
- kid's section
- jewellery
- photographs
- cards / paper
- fossils

**SERENITY**  
natural healing centre

- hypnotherapy
- crystal healing
- aromatherapy
- hot stone massage
- reflexology
- readings

Pop in for helpful advice and friendly service or call to make an appointment

**crystal cave** 34 WESTGATE HUNSTANTON  
[OPPOSITE THE LIBRARY]  
**01485 535321** [www.serenitynaturalhealing.co.uk](http://www.serenitynaturalhealing.co.uk)

**SEVENTH ANNUAL  
Norfolk Family Walk**  
at  
**Holkham Hall**  
for  
**BRAIN TUMOUR  
RESEARCH & SUPPORT**

**SUNDAY  
13th  
OCTOBER  
2013  
10am-4pm**

Adults : £5 Children : FREE  
Car Parking : £2.50/car  
The walks are: 1, 3, 6, or 10 miles.  
The one mile walk for children has games along the way.  
Prams, trikes, wheelchairs and animals on leads are welcome.

**Brain tumours now account for more deaths among children and those under 40 than any other cancer.**  
Join others and raise sponsorship for your chosen brain tumour charity and help us find a cure for this devastating disease.

The 2013 "World Walk" for Brain Tumours is a project of the International Brain Tumour Alliance (IBTA) and is in its seventh year. We hope to achieve enough mileage world-wide to encircle the Earth at the Equator many times. The "World Walk" symbolically unites all those around the globe whose lives have been touched by a brain tumour.

Go to [www.astrofund.org.uk](http://www.astrofund.org.uk) to download a sponsorship form and for a link to create a fundraising page or contact via email [Info@astrofund.org.uk](mailto:Info@astrofund.org.uk) or telephone **01485 572767**

Organized by the Norfolk Branch of Astro Brain Tumour Fund, charity no. 1133651



**Campaign to Protect Rural England (CPRE)**

To celebrate its 80th anniversary, countryside charity CPRE Norfolk is organising a series of free Open Days at extraordinary projects which have won CPRE Norfolk Awards in recent years. By showcasing some of the county's exceptional landscape, restoration, education and architecture projects, we hope to share good practice and knowledge with you, inspire ideas for your own projects and offer a fascinating day out! To find out which CPRE Award winners are participating this autumn, visit the CPRE Norfolk website at [www.cprenorfolk.org.uk](http://www.cprenorfolk.org.uk), join the mailing list by emailing [opendays@cprenorfolk.org.uk](mailto:opendays@cprenorfolk.org.uk) or call 07826 401506 for a free brochure. All the tours will be free, but booking is essential.

**Katy Jones  
Branch Manager, CPRE Norfolk**

**Anmer Village Social Club Film Night**

Friday 18th October at 8.00pm  
**'BEHIND THE CANDELABRA'**  
Doors open 7.30pm  
Tickets on sale at the door - £3.00  
Further details tel: 01485 579465 or  
email: [films@anmerclub.co.uk](mailto:films@anmerclub.co.uk)

**Start a new hobby, make new friends, have fun and get healthy for just £15 this Autumn**

**SEARLES COUNTRY PARK HUNSTANTON**

**Open to all, Searles 9 hole golf course is a superb introduction to golf if you are looking for a new fun hobby that will get you out into the fresh air and sunshine this autumn.**

- Flat easy walking 9 hole golf course.
- Ideal for complete beginners, novices and professionals.
- Under cover driving range for pre-play practice.
- Lessons available with resident PGA Professional Ray Stocker.
- Clubs are available to hire from our well stocked Pro shop.
- Superb changing room facilities & friendly restaurant & bar.
- Ladies, Seniors, Juniors, Groups, All welcome.
- Friendly relaxed atmosphere.

**Trial Golf Lesson Offer for only £15.00 and start your new hobby today!**

**For just £15.00 you will receive:**  
A 30 minute taster lesson with our resident PGA Professional Ray Stocker who will help you with techniques and all aspects of the game.  
A FREE bucket of 50 Range balls to practice your new techniques following your lesson, on our undercover driving range. Sit back and enjoy a FREE cup of coffee in The Fountain Bar & Restaurant to complete your trial golf experience.  
**PLUS** If you bring a friend, you may both enjoy this trial golf package together for only £22 for 2 people. That's only £11 each!

- Have fun and meet new friends
- Get healthy by the walk
- Relax in the Country Club

**To book your trial golf package, call Ray on 07850 330022 or email [raystocker@fairwayofdreams.com](mailto:raystocker@fairwayofdreams.com)**

*creating happiness for all ages* **Tel: 01485 536010**

Searles Country Park, South Beach Road  
Hunstanton, Norfolk PE36 5BB  
[www.searles.co.uk](http://www.searles.co.uk)





### Hunstanton Lions Club

Hunstanton Lions made donations to a number of local good causes this month. At last month's meeting Lions Regional Chairman Gabby Shannon visited our Club.

Sunday 8th September's Indoor Carpet Bowls Competition at Smithdon High School was a very successful event that is run annually. The winners of the tournament were Ramsey, second place going to Bury. Thank you to all the teams taking part and those that volunteered their services on the day.

#### 200 Club

1st Prize Maureen Bloy, 2nd E.Eates, 3rd Giles Smith, 4th Robbie Bloy.

#### Car Boots

6th and 20th October

If you would like more information about Hunstanton Lions please contact Mike Ruston 01485 533367.

Jane Scott

### Brancaster Camera Club

Tuesday, 8th October 2013

A return visit by Adrian Stone who will show his images of Pacific – the North West,

Tuesday, 22nd October 2013

Ron Tear MPAGB. ARPS and Maggie Tear LRPS CPAGB 'The Big Screen Show'

Both at 7.30pm in Brancaster Staithe Village Hall.

We would be pleased to see you if you would like to come along. Visitors are always welcome at our meetings.

Contact Jim Till on 01485 210013 or Wendy Calow on 01553 674725.

### WE NEED MORE MEN!!!

Hunstanton Community Choir is on the look-out for more male voices. (We welcome ladies, too!)

We are a friendly bunch who enjoy a jolly good sing, (with a break for coffee and a chat) every Tuesday evening, in Hunstanton Town Hall, (next to the Tourist Information Office) from 7.00 to 9.00pm, at £3 per evening.

We don't have auditions, all are welcome. Come and see if you'd like it – we do!!



### West Norfolk Mind's 'Older Persons' Service' launches in King's Lynn

West Norfolk Mind is launching their 'Older Persons' Service' at their King's Lynn Day Centre at Saunders Yard, Austin Street, King's Lynn on 10th October 2013 which is World Mental Health Day and fits perfectly with this year's theme – Older People.

The service began in 1994 and is already well established at their Heacham Centre every Thursday. To showcase what's on offer, the Heacham group, including the cooks and activity volunteers, will re-locate to the King's Lynn Centre just for the day.

At West Norfolk Mind we understand that it's not so easy if circumstances have left someone isolated or less active than they used to be and we can do so much to help.

West Norfolk Mind centres all run a range of programmes but the 'Older Persons' group particularly attracts those who may be isolated or have signs of early or moderate dementia. They are welcoming, friendly groups ideal for making friends, joining in, enabling activities which help preserve and promote independence. Staff and volunteers are experienced in personalising activities and service users are encouraged to suggest nutritious lunch menus.

Alternatively, we have trained staff who can visit people in their own homes. They can help with activities for day-to-day living, a healthy diet, assist with visits to friends, family, local appointments or social events which can also give a carer a valued break.

Everyone is welcome to come along to A Piece of Mind Centre, Saunders Yard, Austin Street, King's Lynn between 10.30am and 3pm on 10th October to find out if our centre is for them or their family member. This service may also be beneficial for people living in a residential home or supported living environment. Places can be self-funded or funding can be arranged using a Personal Budget if you have a CPN or Care Coordinator.

To find out more about our services and their prices, please contact us on 01553 776966 or visit our website [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk)

**Keeping independent...  
...keeping involved**

Zena Penty  
Volunteer Co-ordinator  
Mobile 07585 279215

## Mr. James E. Kemp

B.Sc., D.O., M.R.O.

**REGISTERED OSTEOPATH**

**NOW IN HEACHAM  
SURGERY**

Telephone: 01485 541210

'PRIVATE HEALTH RECOGNISED'



## Scrappy Cat Crafts

### Art & Craft Supplies

Classes in Card Making & Painting  
Personalised Cards Made to Order

[www.scrappycatcrafts.co.uk](http://www.scrappycatcrafts.co.uk)

Open 10 - 4  
Tuesday - Friday  
10- 2 Saturday

01485 298017

43 Lynn Rd  
Snettisham  
PE31 7LR

## Incinerator update

At times it can be hard to spot the difference between the County Council's old administration and the new. Officers still run Norfolk as they did before. Focusing on the incinerator, the new Cabinet appears to function in support of the Officers rather than leading them. There are some outstandingly good Councillors (not in the Cabinet) doing everything they can to stop the incinerator. These are the Councillors who originally called for the independent QC and Waste Management reports. As part of a cross party reference group they also recommended NCC should not approve the 'Willows' site as being suitable for incineration. Despite this, NCC Officers persuaded Cabinet to approve the 'Willows' site for incineration and amend the proposed 'Independent' Waste management report. If the report is now prepared by NCC's own Officers and merely rubber-stamped by accountants, it will not be credible.

NCC's Officers and Cabinet would prefer people to sit back and wait for the Secretary of State's planning decision; such a passive approach is not helpful and ignores good opportunities to defeat the incinerator. The Government subsidy for the 'Willows' is the only thing making this uneconomic and unnecessary project attractive to Cabinet. Sending letters now to the Rt Hon Owen Patterson MP calling for the 'Willows' subsidy to be withdrawn has the potential to 'kill off' the incinerator which does not stand up well against market forces.

For more information please visit the Campaign Websites [klwin.com](http://klwin.com) & [farmerscampaign.org](http://farmerscampaign.org). Please make the effort to write or use one of our standard letters, the importance of the letters is huge.

The 2013 Christmas Market will be on 7th December at Fairgreen Farms, Middleton, PE32 1RN

**Mike Knights**  
Vice Chairman KLWIN

## Christina Thain & Co Solicitors

### Conveyancing, Wills and Probate

Please note that our new address is:-

**'Beamish'**  
**68, High Street,**  
**Ringstead,**  
**Hunstanton, Norfolk PE36 5JU**

Telephone No: 01485 525458

Appointments in your own home, or at  
Suttons Estate Agents,  
29 High Street, Heacham.

The same friendly, efficient service - only  
the address has changed!



## Sallywags Parent, Baby and Toddler Group

Sallywags is now back after a lovely summer – hooray!

We've had a very productive time in the Sallywags garden thanks to the amazingly inspirational and hard working Louise Rudd (surely related to the Bloom or Titchmarsh family?!). With Louise's expertise and stamina along with the very kind donation from Hunstanton and District Lions, we have begun the transformation of the garden. The 2 sheds have been painted beach hut colours, beds have been dug and planted with insect attracting plants, winter potatoes have been put in tubs ready for the children to harvest before Christmas, a compost bin, rainwater butt and some brilliant bug hotels handmade by Louise's dad, with wood supplied by Jamie from Rudd Joinery, have been installed. Plus new swings, a slide and a climbing frame have been purchased, delivered and assembled. It really does look great!

A HUGE and heartfelt thank you to Louise, the Lions, Luke, Stuart, Jamie and Louise's dad for all your help- we couldn't have done it without you.

We would also like to thank the Parish Council for donating a beanbag – a lovely addition to our book area.

Our friendly and lively parent, baby toddler group is on every Wednesday during term – time from 9.30-11.30am. The cost is £2 per family.

We have got lots of lovely craft activities planned: vegetable prints, leaf collages, making rockets, fat-ball dragons (to feed those birds), playdoh, stickers, painting, glitter and glue; lots of creative fun!

We will be in the garden as much as we can, planting bulbs and enjoying the outdoor space. Inside there are plenty of toys (duplo bricks, puzzles, role play, books, cars, ride-ons, dolls' house, kitchen) and we have our lovely alphabet rug for babies to relax on.

We have a healthy and treaty snack at 10am (and a cuppa for the adults). We then start tidying up at about 10.45am, ready for some singing before we all go home.

We look forward to seeing you back and to welcoming new families. If you would like any more information then please call Clare on 07816 913657 or Jo on 07521 447284.

**PS: We need your empty 2 litre clear plastic bottles!**

To be turned into a greenhouse by our amazing Mrs Bloom (Louise Rudd!).

If you have any to spare then they can be popped over the back gates at 43 Folgate or 35 Meadow Road.

Many thanks!



## J.C. Hammond

Carpenter/Joiner

### From Flooring to Roofing and Everything In Between!

Local, Reliable Service - Competitive Rates

**Snettisham (01485) 541220**  
**07944 281960**

[www.snettishamcarpentry.co.uk](http://www.snettishamcarpentry.co.uk)

No job too big or too small - All work Guaranteed and Insured

## TIDE TABLES FOR OCTOBER & NOVEMBER 2013

HIGH WATER AT HUNSTANTON									
Heights above chart datum									
Time Zone UT (GMT), add 1hr for BST [ends 2am 27th Oct]									
October 2013					November 2013				
Date	Morning		Afternoon		Date	Morning		Afternoon	
	Time	m	Time	m		Time	m	Time	m
1 TU	03 10	5.9	15 51	6.1	1 F	04 00	6.7	16 37	6.8
2 W	03 57	6.4	16 35	6.4	2 SA	04 44	7.0	17 18	7.0
3 TH	04 39	6.8	17 13	6.8	3 SU	05 27	7.3	17 58	7.3
4 F	05 18	7.0	17 50	7.0	4 M	06 10	7.5	18 37	7.5
5 SA	05 57	7.3	18 26	7.3	5 TU	06 53	7.6	19 16	7.5
6 SU	06 36	7.5	19 02	7.4	6 W	07 37	7.6	19 55	7.5
7 M	07 15	7.6	19 37	7.4	7 TH	08 22	7.4	20 36	7.4
8 TU	07 52	7.5	20 12	7.3	8 F	09 10	7.0	21 21	7.0
9 W	08 31	7.4	20 49	7.1	9 SA	10 04	6.5	22 14	6.5
10 TH	09 16	6.9	21 33	6.7	10 SU	11 16	6.1	23 23	6.3
11 F	10 08	6.4	22 27	6.3	11 M			12 40	5.9
12 SA	11 20	5.9	23 41	5.9	12 TU	00 43	6.2	13 54	6.1
13 SU			12 59	5.7	13 W	01 57	6.3	15 02	6.3
14 M	01 10	5.9	14 24	5.9	14 TH	03 01	6.5	15 57	6.5
15 TU	02 28	6.3	15 33	6.4	15 F	03 56	6.8	16 44	6.8
16 W	03 31	6.8	16 28	6.9	16 SA	04 46	7.0	17 24	7.0
17 TH	04 23	7.1	17 14	7.1	17 SU	05 32	7.1	18 02	7.1
18 F	05 11	7.4	17 54	7.3	18 M	06 14	7.1	18 37	7.1
19 SA	05 55	7.5	18 29	7.4	19 TU	06 55	7.1	19 11	7.1
20 SU	06 36	7.5	19 05	7.4	20 W	07 32	6.9	19 41	7.1
21 M	07 17	7.4	19 36	7.3	21 TH	08 05	6.8	20 09	6.9
22 TU	07 52	7.3	20 05	7.0	22 F	08 38	6.5	20 40	6.7
23 W	08 26	6.9	20 33	6.8	23 SA	09 13	6.2	21 13	6.4
24 TH	08 58	6.5	21 02	6.5	24 SU	09 54	5.9	21 54	6.1
25 F	09 35	6.1	21 37	6.2	25 M	10 45	5.6	22 47	5.7
26 SA	10 22	5.6	22 27	5.7	26 TU	11 52	5.5		
27 SU	11 31	5.2	23 46	5.5	27 W	00 00	5.6	13 05	5.5
28 M			12 55	5.2	28 TH	01 16	5.7	14 12	5.7
29 TU	01 12	5.5	14 08	5.5	29 F	02 22	5.9	15 09	6.2
30 W	02 20	5.8	15 06	5.9	30 SA	03 18	6.4	16 00	6.5
31 TH	03 13	6.2	15 54	6.3					

© Crown Copyright. Reproduced by permission of the Controller of Her Majesty's Stationery Office and the UK Hydrographic Office (www.ukho.gov.uk).

## NEWSLETTER SUDOKU No. 74

Complete the puzzle so that each row, each column and each block of nine contain the numbers 1 to 9. Solution next month.

		1		7		5	2	9
						8	7	
	7			5				8
	4		9					3
					7	8	1	
6			5	8	3			7
3			8	1				5
	5							
		6		4			9	3

Solution to  
Newsletter  
SUDOKU  
No. 73

3	9	4	8	7	2	1	5	6
2	8	6	1	4	5	9	3	7
1	5	7	3	9	6	2	8	4
8	7	3	9	5	4	6	2	1
6	4	5	2	1	8	3	7	9
9	2	1	6	3	7	8	4	5
4	3	2	5	6	9	7	1	8
7	6	8	4	2	1	5	9	3
5	1	9	7	8	3	4	6	2

Which three numbers between  
one and nine come  
one after the other and  
give a product of 336?  
*Answer page 32*

## Eric W Witton

### Funeral Services

Caring, efficient and professional  
arrangements at your  
convenience 24 hours a day,  
every day of the year.

- Private Chapels of Rest
- Full Estimate
- Monumental Masons

Dignity pre-paid funeral plans available

26 Station Rd, HEACHAM

Tel: 01485 570475

Members of the National Association  
of Funeral Directors

SJP SOLICITORS

Protect your Family for the Future and have your  
wishes carried out

MAKE A WILL TODAY

For Confidential Professional Advice at our Office  
Or at your Home  
Call 01485 532662  
Or  
Email: [sjpsols@btconnect.com](mailto:sjpsols@btconnect.com)  
Wills from £80 plus VAT  
SJP Solicitors  
37 Greevegate, Hunstanton PE36 6AB

## The Kitchen Gardener

October is my month for saving tomato seed. By now, some of the fruit is very ripe which is the time I prefer to cook it for freezing and, as it heads towards overripe, the seed is ready to be saved. I use a method given by Simpsons' Seeds which I think is a generous thing for a seed merchant to do. I reproduce it here with their permission; they ask me to point out that F1 will not come true to type and that if seed is taken from fruit where several varieties have been grown cross pollination is a strong possibility.

I simply take seed from tomatoes that I've enjoyed eating and accept that it's a gamble as to what will grow next year. To be honest I get a bit of a thrill eating my own tomatoes from my own seed. This year a couple of self-sets came up by a rose I'd mulched with homemade compost in spring. I ignored them except for pinching out the odd side shoot and, as is the way, they thrived and have produced some handsome marmande type fruit the seed of which I shall save. Haven't a clue what they are.

Scoop out the seeds and their covering gel and place them in a glass jar. Make up a small solution of washing soda in water - one part soda to ten parts water and cover the seed and gel with an equal amount of this mixture. Place it somewhere warm. After two or three days a fungal mat will have formed on the top. If it hasn't formed within four full days dump it and start again. Left more than four days prior germination will take place.

Once a mat has formed tip the jar onto its side and trickle water in slowly. Do not stir, but let the mat float away. Rubbish, germs, disease spores and infertile seed will be in the mat and the fertile seed will remain on the bottom. Rinse these thoroughly through a sieve.

They then need to dry naturally - not with heat like an oven or hairdryer. I dry mine by spacing them out on a china plate and keeping them in a warm room. I turn the seed after a couple of days then, when dry, place them in a paper envelope upon which I've written the date and some idea of what's inside; then in a sealed plastic bag to be stored in a cool dark place. They last a good couple of years and the germination rate is excellent.

My favourite detective novels usually include a clever use of the seasons and weather combined with strong sense of place. If there's food too so much the better. One of the best cooking methods I read about was in an obscure crime novel from the library. The heroine often came back from her hair raising sleuthing and cooked up pasta feasts of various kinds.

She never crushed or chopped the garlic but added whole peeled cloves, which then cooked slowly in the sauce until very soft when they were crushed against the side of the pan and stirred in. I could tell by the way she wrote that this was the method the author used and she was keen to share it. I'm glad she did - cooking garlic this way gives it a sweet and mellow depth of flavour without the pungency and aftertaste of crushed or chopped garlic.

My 2012 garlic crop was zero; many years of careful nurturing and re-sowing the best of the best all gone, the result of rotten weather. Last autumn I planted two rows of three different softnecks (softneck varieties store longer) only one - Albigensian Wight - fared well and I was very pleased with the result. Clean, large head with fat cloves and looking good with a purple tinge to its papery white covering. This is the one I shall now re-plant.

Garlic needs handling very gently, if bruised it will rot in store, nor will it be any good for re-planting which I like to do as I believe garlic slowly adapts to its locality. With careful husbandry (weather permitting) all future garlic can be from your own stock.

It likes a long growing season and mine goes in at the end of September beginning of October in soil that's had a dressing of potash before planting each clove pointy end up 4 ins deep, 8ins apart, 8ins between rows. I harvest them once the leaves have turned yellow, usually sometime in July.

This season's plenty - of garlic, ripe tomatoes and peppers - means it's time to cook Peperonata, useful as a vegetable dish, pasta and pizza topping and anything else you fancy eating it with. It consists of softened garlic and onions, then add de-seeded peppers cut into inch or so squares, cook with the lid on while tomatoes are skinned, and sliced. Add them together with seasoning and cook uncovered until the vegetables are soft. Towards the end you can add herbs of your choice - Eastern European versions of this dish include cumin.

### **CHRISTYANA FABRICS & BLINDS**

**18 Lynn Road, Dersingham  
For Curtains & Soft furnishings**

**OPEN 10am - 4pm TUESDAY-FRIDAY  
10am - 2pm SATURDAYS**

**Making-up service at competitive rates  
Free quotations and fitting service -  
no obligations.**

**CONTRACT WORK UNDERTAKEN**

**We have a huge selection of blinds available**

**Large selection of cushions and seat pads  
in stock**

**Wallpaper now available**

**Telephone Maria on: 01485 541111  
or 07743052897**

**For a free quotation, friendly personal service,  
and a home choose service**

# Tiles Plus

**Commercial & Domestic Tiling Contractors  
Wall & Floor Tiling in Ceramics & Natural Stone**

*For a Fast Friendly & Efficient Service  
Call Your Local Specialist on:*

**01485 543195 or 07584 251707**

The recipe is usually an onion, a couple of cloves of garlic, four peppers and one or two pounds of tomatoes. I never follow it simply because I cook what's available and it doesn't hurt this dish to vary the proportions. Just before serving taste, adjust seasonings and try this - add a little sugar and a few drops of balsamic vinegar. Lucky event was when I had some split Sungold tomatoes (when don't I have some, they are little devils for that but I can't imagine a summer without them) so added them to the pan. It tasted so good I always add a few now.

Peperonata re-heats very well indeed any time over the following week and a good stock of it in the freezer brings true joy to the table on a dour winter day. You wouldn't weep if it was served with some good pork sausages - except with pleasure.

So hungry you could eat a scabby cat? Can't wait for the pasta to cook? Thick slice of bread, toast one side, re-heat a portion of Peperonata that's been kicking around in the fridge waiting for just this moment. Meanwhile lay table, grab something pretty - autumn colours on a twig, a couple of flowers about to go over - put in a jam jar on the table, napkin. All the work of seconds.

Find three minutes to softly poach an egg or dig out something salty in the fridge - a slice of ham, some parmesan or a crumbly feta, maybe one of the Cheshire cheeses or a young Lancashire. I've tried poaching the egg in the Peperonata, it works - takes a bit longer and the result is different to the regular way of cooking the egg but good all the same.

Pile it all on the toast. Sit at the table, pause, look up, look at your little vase, be glad for the day and all the good things in it. Tuck in. Enjoy.

Hilary Dellar-Lane

## Events at Hunstanton Library

For further information about these events (or to book your place where necessary) please contact the Library on (01485) 532280 or pop in.

### Under 5s story and rhyme time

Weekly on Wednesdays 2.00pm - 2.30pm (term time only) on 2nd, 9th, 16th and 23rd October. Suitable for pre-school children and their parents/carers.

### Open wide!

Thursday 10th October 2.00pm - 3.00pm

A talk on the history of Dentistry, by Tim Thorpe, Curator of Lynn Museum. Come along and hear the grisly details of tooth care from the past - booking essential, refreshments provided.

### From October, Scrabble Club is going weekly!

Every Wednesday (except Christmas and New Year) from 10.00am - 12.00 noon. Come along and enjoy a game of scrabble. Refreshments provided.

### Hunstanton Library Town Read

Hunstanton Library is on a mission to see how many members of the local community they can encourage to read and share the same book at the same time. The book is:

'The Woman Who Went to Bed for a Year' by Sue Townsend.

### How can you take part?

The Hunstanton Library Town Read starts on Saturday 19th October 10.00am. Come along and get your copy of the book! Join us for the Hunstanton Library Town Read Coffee Morning on Friday 29th November 10.30am and let others know what you think about the book. Refreshments provided.

### Spooky Stories!

Thursday 31st October 10.30am - 11.30am

Come along for some spooky stories and activities! Children under 8 must be accompanied by an adult.

# Love your sofas and chairs again

Have them expertly re-upholstered by J. B. Green Upholstery






**Why buy new when your existing furniture may be structurally superior & can be made like new again**

For a free consultation please call  
**Tel: 0116 288 5432**  
[www.greensupholstery.co.uk](http://www.greensupholstery.co.uk)  
 email: [sales@greensupholstery.co.uk](mailto:sales@greensupholstery.co.uk)

*think green think...*  
**J. B. Green**

Members of the Association of Master Upholsters  
 COURTESY FURNITURE AVAILABLE

JB Green Upholstery of Leicester regularly visiting the Hunstanton area.

## Stephen Gibson Heating & Plumbing Engineer

Domestic & Commercial

- Gas Safe Registered For Natural Gas & LPG Work
  - Boilers Installed, Repaired & Serviced
- New Central Heating Systems Installed & Maintained
  - Landlords Certificate
  - Bathrooms Designed & Installed

Reliable  
No Job Too Small

Call today for Professional Advice & Competitive Quote  
 Mobile: 07786365139 Office: 01485 579528  
**Email:- [gib.son@hotmail.co.uk](mailto:gib.son@hotmail.co.uk)**



## Wash and Go Windows

Professional Window Cleaning

- Fascia's and Gutters Cleaned
- Gutters Cleaned
- Conservatory Roofs Cleaned
- Patios and Drives Power Washed

**Tel: 07881 066637**

**Email [washandgowindows@gmail.com](mailto:washandgowindows@gmail.com)**  
**[www.washandgowindows.co.uk](http://www.washandgowindows.co.uk)**





TRADITIONAL BARBERING  
NOW OPEN ON THE  
HIGH STREET, HEACHAM.

OPEN TUESDAY TO SATURDAY  
WITH FLEXIBLE OPENING HOURS  
HOWEVER APPROX 9-4:30PM

APPOINTMENT'S ONLY  
**BUT NOT ALWAYS NECESSARY**  
SO PLEASE PHONE STEVE ON  
07722625911

(APPOINTMENTS ENABLE ME TO BE  
FLEXIBLE TO YOUR NEEDS AND MEANS NO  
LONG QUEUES AND MINIMAL WAITING.)

HOT TOWEL SHAVES AVAILABLE BY  
APPOINTMENT..

TRIM AND SHAVE £20  
SHAVE £15

ADULTS £8. JUNIORS £7 SENIORS £7  
RESTYLE £9

## JENNINGS STORE

South Beach Road  
Tel:- 01485 579220

**Open 7 days a week**

6.30 a.m. - 9.00 p.m.

**Fri & Sat** 6.30 a.m. - 9.30 p.m.



Mobile top-up, gas, electricity & water  
Payments

Utility payments schemes,  
Bottled Gas, Beach Goods  
National Lottery & Scratch Cards  
The Health Lottery.

Wide Range of Groceries, Frozen & Chilled  
Foods, Spirits plus Chilled Wines & Beers  
Newspapers Magazines etc.

Wide range of Medication.

DVD Rentals ( Brand new releases)

Free Delivery on Groceries purchased  
Over £10.00

## CHOP 'n' CHANGE

Unisex Hair & Beauty Salon  
2 High St, Heacham  
01485 571395

Open Mon-Sat

Early mornings and late nights available  
Wella & L'Oreal colour specialists.

Latest cutting techniques

'Beautymix' ...indulge in a variety of beauty treatments  
[www.beautymix.co.uk](http://www.beautymix.co.uk)

### Chop 'n' Change Re-name

For at least 20 years the salon on the corner of the High St in Heacham has been known as Chop 'n' Change. We have seen many changes over the years. The salon has been revamped outside and in, several times; the add on of a beauty salon to complement the hair salon and change of ownership when I took over nearly 10 years ago! It's hard to believe it's been that long. All the changes have been received positively together with encouragement and support from our clients, fellow businesses along the High Street and frequent visitors to the village. I'm hoping for the same enthusiasm and support when I re-name the salon.

This is something I have wanted to do for a number of years and now, with the salon once again having a face lift, it seems like the perfect time to take the plunge and finally choose the name I would like the salon to have.

I must stress that there is absolutely no change of ownership or the wonderful team of stylists I have with me at Chop 'n' Change. The look of the salon and the new name will be the only modifications.

I have spent the last couple of weeks discussing ideas with my colleagues and clients and after much deliberation, giggles and a few crazy name suggestions I have finally decided on a name. As of October we will be known as '**BLISS' HAIR & BEAUTY.**



**ELLA R MILLS (MAFHP MCFHP)**  
FOOT HEALTH CARE PROFESSIONAL

Mobile Service in Own home, care homes/business's.

Full Range of treatments + Thai Foot Massage  
Ingrowing toenails - verucca callus & corn removal - fungal infections

Please contact me or leave a message  
Tel: 01553 631799 / 07535732682

Look out for "Melchior"  
the Xmas Mouse  
Visiting  
The Old Friends Hall  
in Heacham  
with his friend  
Father Christmas  
on 14/15 December.





## POPPY APPEAL

Dear Newsletter

Remembrance Sunday is once more fast approaching. It is a time when throughout our hectic lives, we allow ourselves time to remember those who paid the ultimate sacrifice for our freedom. They were the ones who went out into the battlefields, took to the air and sailed the seas that we may enjoy our present lives. The losses still go on in more recent conflicts. It may have been under different circumstances but a loss to a family is still as traumatic now as it was in those dark days of our two World Wars. Let us remember all those who have died in conflicts and be eternally thankful to them.

### WE WILL REMEMBER THEM

If you wish to pay tribute to those who gave their lives for us, please come along on SUNDAY, 10th NOVEMBER to the Parish Church (9.45) and Memorial Service (afterwards 10.45).

May I take this opportunity to remind you official Poppy Sellers will be about in our village and any donation will be gratefully received. The money collected goes to the Poppy Appeal which in turn is used to help those in need. The Poppy Appeal has done great things in the past. Help us collect more to meet the ever increasing demands made upon it.

### WEAR YOUR POPPY WITH PRIDE

Thank You

Marcus Liddington

Branch Organiser

## Steve Pye & Co. Chartered Certified Accountants

Established over 25 years in King's Lynn

Now at Hunstanton and Burnham Market

- ✓ Save tax
- ✓ Fixed fees
- ✓ Free telephone and email advice
- ✓ Free review of pensions and investments
- ✓ Free initial consultation at your premises

A complete accountancy, taxation, business consultancy and investment service

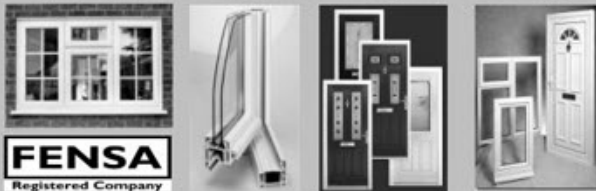
Advance tax strategies available

Hunstanton 01485 533320 – Kelly  
Burnham Market 01328 738278 – Louise  
King's Lynn 01553 672888 – Beth

[www.stevepye.com](http://www.stevepye.com)

# MSH Glazing

## Beautiful PVCu Windows & Doors



Based in Heacham, we offer the latest technology PVCu windows and doors designed by Synseal™, the UK's leading manufacturer of PVCu profile. Our windows and doors combine great looks with the minimum need for maintenance, all at a price you'll be impressed with.

As a local company, reputation is important to us. You can rest assured that our products are fitted with an unbeatable level of care and attention to detail. Also, we don't employ salesmen, so you can be sure of a totally free quotation, without obligation. All of our windows and doors carry a minimum 10 year guarantee.

Local Company, Local Service  
Over 10 Years Experience  
Quality Products Used  
Expert Fitting & Finishing  
Any Genuine Quote Beaten

Unit 1, Heacham Hall Ind. Units,  
Heacham  
PE31 7JT  
01485 570016 or 07929 665566

### Other Services Include...

## Sealed Unit Replacement

If you have existing double glazing with condensation between the panes, there is no need to replace the whole window. As part of our comprehensive repair service, we offer a Sealed Unit Replacement Service. Available for PVC, Timber and Aluminium windows.

Our fitting service is carried out with the minimum of fuss and we'll dispose of your old units. Give us a call for a FREE QUOTATION.

## Secondary Glazing



If you want more warmth and no draughts, then Secondary Glazing is your answer. Secondary Glazing also offers the best solution for noise reduction.

Secondary Glazing is available in horizontal and vertical sliders, lift-out units, fixed panes and hinged systems.

## New Technology Integral Blinds

Integral Blinds are a fantastic addition to any home or conservatory. The standard double glazed unit is replaced with a unit containing a blind which can be raised, lowered and tilted.

Available in 3 different types - Pleated, Venetian and Roller, and in a range of colours to suit any application.

Whatever your glazing requirements  
Call 01485 570016 For a FREE Quote  
or go to [www.mshglazing.co.uk](http://www.mshglazing.co.uk)

All Types of Repairs Undertaken  
No Job Too Big or Too Small

Sealed Units Replaced From Only £45.00\*

\*Conditions Apply

Also Available:-  
General Window/Door Repairs  
Window Re-Sealing and Re-Trimming  
Self Cleaning Glass  
Supply to Trade and DIY

New Hinges, Barrels etc.  
PVCu Trims  
Mastics and Caulk  
Security Upgrades  
Energy Efficiency Advice

## Dates & Deadlines!

Supplied by Kathryn Gigg, Chartered Accountants, Hunstanton

### OCTOBER 2013

**30 September** COMPANY ACCOUNTS: private companies with 31 December 2012 year-ends should file their accounts at Companies House.

CORPORATION TAX: returns for accounting periods ended 30 September 2012 should reach HMRC.

CHARITIES: the transitional period for the new Charities Online system (introduced on 22 April 2013) ends. Gift aid repayment claims using the old style print and file form R68(i) will not be accepted after 30 September 2013. However, a new form ChR1 has been introduced for charities that do not have access to the internet.

**1 October** NMW: the National Minimum Wage rises to £6.31 per hour for workers aged 21 and over, £5.03 for those aged 18 to 20; £3.72 for those aged 16 to 17; and £2.68 for apprentices (i.e. those aged under 19, or 19 or over and in the first year of their apprenticeship).

**5 October** INCOME TAX: last date for individuals not already registered for Self-Assessment to notify HMRC of chargeability to Income Tax or Capital Gains Tax for 2012/13. This also applies to Trustees.

**15 October** US TAX: if 2012 returns have not been filed by this date, the IRS may accept a written request for a further two months extension to 16 December 2013.

COMPLIANCE: deadline to submit outstanding Self-Assessment Tax Returns and make a payment under HMRC's "My Tax Return Catch-up" campaign.

**18 or 21 October** EMPLOYERS: tax and Class 1B NICs due under PAYE settlement agreements for 2011/12 not paid by these dates will attract a further 5% penalty (18 October for payments by cheque and 21 October for electronic payments).

**31 October** INCOME TAX SELF ASSESSMENT: deadline to file tax returns for 2012/13 in paper form. This deadline does not apply where the return falls into one of the categories which cannot be filed online (for which the deadline is 31 January 2014). If the notice to file was issued after 31 July 2013 the paper filing deadline is the later date of 31 October 2013 or three months from the issue date.

INCOME TAX RETURNS: returns for 2011/12 filed on paper after today attract a further penalty of up to 100% of the tax outstanding on 31 October 2012.

COMPANY ACCOUNTS: private companies with 31 January 2013 year-ends should file their accounts at Companies House.

CORPORATION TAX: returns for accounting periods ended 31 October 2012 should reach HMRC.

**Caution:** The information listed above is for general guidance only. You should neither act, nor refrain from action, on the basis of any such information. You should take appropriate professional advice on your particular circumstances because the application of laws and regulations will vary depending on particular circumstances and because laws and regulations undergo frequent change. Whilst I endeavour to ensure that the information contained herein is correct, neither I nor my firm shall be liable in damages (including, without limitation, damages for loss of business or loss of profits) arising in contract, tort or otherwise from any information contained in it, or from any action or decision taken as a result of using any such information.

© Kathryn Gigg 2013

Answer to page 27

Six x seven x eight = 336

# Kathryn Gigg

CHARTERED ACCOUNTANTS | BUSINESS ADVISERS | TAX CONSULTANTS

Offering a comprehensive range of services for both business and personal clients

- annual accounts and business taxation
- business start up, advice and management support
- management accounts, budgeting and forecasts
- SAGE installation and training
- payroll, VAT and bookkeeping services
- personal tax returns and self assessment advice
- small business specialists
- free initial consultation
- fees agreed in advance

For an appointment please contact:

**Mrs K H Gigg FCA on 01485 534800**

THE OFFICE, 20 KING'S LYNN ROAD, HUNSTANTON, NORFOLK PE36 5HP

T: 01485 534800/535100 F: 01485 534900 e: kate@kathryngigg.co.uk

[www.kathryngigg.co.uk](http://www.kathryngigg.co.uk)

Regulated for a range of investment business activities by  
The Institute of Chartered Accountants in England and Wales.

## Putting Green Fish Bar

North Beach  
Heacham

### Quality Traditional Fish & Chips

We serve only top  
quality cod fillets  
No cheap fish  
substitutes used

Recently  
Reawarded  
5 Star  
Hygiene  
Rating

★  
Why not try our delicious  
homemade fishcakes  
★

Open until end of October

See shop window for  
opening hours



## Anna Mudeka (West Norfolk Libraries)

### A night of unique music full of colour, vibrancy and happiness at West Norfolk Libraries!

Creative Arts East and Norfolk Libraries are excited to be welcoming the gloriously talented Zimbabwean musician Anna Mudeka and her 6 piece band to perform upbeat African rhythms, to celebrate Black History Month in October.



The Anna Mudeka Band play songs rooted in the Mbira music of Zimbabwe, and have created a unique sound, full of colour, vibrancy, happiness and spice which they call chimurenga pop! Mudeka's songs are lively, uplifting and draw from a host of African rhythms, chants and choruses, which are sometimes fused with Latin and European musical influences. She usually writes and sings lyrics in her mother tongue of Zimbabwe, which easily translates through the soulful expression and versatile tonal qualities of her vocals. Mudeka is passionate about her cultural roots and even more so about sharing her culture with the rest of the world. This will be a fantastic night of music and dancing that's not to be missed!

You can see The Anna Mudeka Band at:  
Hunstanton Library on Thursday 17th October – 7pm  
Other venues are:-

Dersingham Library on Friday 11th October – 7pm  
King's Lynn Library on Tuesday 15th October – 7pm  
Gaywood Library on Friday 18th October – 7pm

Downham Market Library on Wednesday 16th October – 7.30pm

Tickets: £5 per person or £15 for groups of 4 people and can be bought in person at each library. (For bookings at Hunstanton Library, Tel: 01485 532280 or in person at the library).

This event is organised in partnership with Creative Arts East with funding by Norfolk County Council, King's Lynn and West Norfolk Borough Council, Arts Council England and the Esmée Fairbairn Foundation.

Creative Arts East is also offering a free transport service for people with mobility issues for these performances at the libraries in the King's Lynn and West Norfolk district. The transport will be provided through the West Norfolk Community Transport Project. If you wish to use this service please contact Creative Arts East at [enquiries@creativeartseast.co.uk](mailto:enquiries@creativeartseast.co.uk) or telephone 07568 532744.

For further information on this and other Creative Arts East events please go to <http://www.creativeartseast.co.uk/live/whatson.asp> or contact Karen Kidman on 01953 713390 or [karen@creativeartseast.co.uk](mailto:karen@creativeartseast.co.uk)

# BELTON DUFFEY

ESTATE AGENTS, LETTING AGENTS & VALUERS

**REGIONAL AGENTS WITH  
NATIONAL MARKETING**

**KING'S LYNN OFFICE 01553 770055**

**LETTINGS 01553 660866  
FULL MANAGEMENT SERVICE  
INCLUDING RENT GUARANTEE  
7.5 % + VAT**

Email: [info@beltonduffey.com](mailto:info@beltonduffey.com)  
[www.beltonduffey.com](http://www.beltonduffey.com)

Offices also At Fakenham,  
Wells next-the-Sea and London



## Walsingham Farms Shop and The Lavender Kitchen

for great value fresh Norfolk produce



**the  
lavender  
kitchen**

café • restaurant

**THE LAVENDER KITCHEN**

Come and enjoy our comfy sofas, great coffee and fresh Norfolk fare served all day

Find us at Norfolk Lavender

Menus at [www.lavenderkitchen.com](http://www.lavenderkitchen.com)

**WALSINGHAM FARMS SHOP**  
NORFOLK LAVENDER, CALEY MILL, HEACHAM PE31 7JE

LAVENDER KITCHEN 01485 571965 FARM SHOP 01485 570002

FARM SHOP HOURS MONDAY-FRIDAY 9AM-5.30PM  
SATURDAY 9AM-5PM SUNDAY 10AM-4PM

[WWW.WALSINGHAMFARMSSHOP.CO.UK](http://WWW.WALSINGHAMFARMSSHOP.CO.UK)

**'Batty' 260 homes plan thrown out to  
delight of Heacham residents**

Application to build 260 homes in Heacham was refused due to concerns over traffic and the location.



Heacham's residents outside Lynn's Town Hall before the West Norfolk Planning Committee met to take a decision on the proposed major housing development. Peter Colvin (front) Chairman of the Parish Council with one of the campaigners' posters,

**FOX & HOUNDS**  
**AWARD WINNING FOX BREWERY**  
 Station Road, Heacham. Tel: 01485 570345  
 Guest beers & a variety of our own ales on 8 handpulls  
**BAR OPEN ALL DAY EVERY DAY FROM NOON**  
 \*\*\*\*\*

**LIVE ENTERTAINMENT**  
 Sat 5th Oct - Tue 5th Nov (8.30pm unless otherwise stated)  
 - Sat 5th Oct - Rea & Ricky  
 Sun 6th Oct - The Kings Swingers 1.30pm  
 Tue 8th Oct - To Be Confirmed  
 Tue 15th Oct Andy Graham & guests  
 Fri 18th Oct - Out to Play  
 Tue 22nd Oct - Back Pages  
 Tue 29th Oct - Part Time Blues Band  
 Fri 1st Nov - Jam Session with DNA  
 Sun 3rd Nov - The Kings Swingers 1.30pm  
 Tue 5th Nov Bone Idle

Please check our Facebook page or boards for updates  
 \*\*\*\*\*

**Modern British Food Available**  
**Traditional Roast on Sundays**  
**Booking Advisable**  
**No Food Sunday Evenings Or All Day Wednesday**  
 \*\*\*\*\*

**f** Follow us on Facebook @ foxandhoundsheacham  
 \*Opening hours may change. Please call Pub on the day.

**HS**  
 HAYES + STORR  
 Solicitors  
 & Notaries

**17 October 2013**  
**Hunstanton Methodist Church, Austin St**  
**from 10am – 4pm**

**Information Day for Older People**

To give you the information and reassurance to help you maintain an independent lifestyle including blood pressure testing by The Stroke Association.

**HAYES + STORR – Solicitors and Notaries**  
 2 Northgate Street, Hunstanton - 01485 524166

Hayes + Storr – Providing more than just Law

law@hayes-storr.com | www.hayesandstorr.co.uk





Springwood  
High School

*Join us in our success*

**Sixth Form**

**Open Evening**

**Thursday 17<sup>th</sup> October 2013**

External Students 7pm

Springwood Students 6pm

*"The sixth form is good. Results are improving sharply.*

*Leaders are showing more ambition and therefore more students are achieving the highest grades".*

OfSTED July 2013

2013 saw the best A2 results in the School's history

52% A\*B and 85% A\*C

Tel (01553) 773393

Email: [office@springwoodhighschool.co.uk](mailto:office@springwoodhighschool.co.uk)



## News from Rollason Stage School

The children have been working very hard on their dancing. They have performed at lots of carnivals and shows. The winter term will see us working towards exams and also Christmas shows! We will also see student Caitlin Steadman start her teacher training - she will be helping out and taking classes.

The new term has started with classes in Hunstanton, Heacham and now Docking.

### NEW SATURDAY SCHOOL STARTING 'LUCY ROSE' STREET CREW

Hunstanton Town Hall Basement

4.00-5.00 Street Dance master class for all ages.

Mondays are at Heacham Public Hall top room  
3.45-4.15 NEW CLASS started 30th September  
Little ones street crew

4.15-5.15 Ballet, tap and modern dance. 6yrs +

5.15-6.00 Junior Street Dance

7.00-8.00 NEW CLASS started 9th September

Zumba for 14 yrs and over.

**\*\* NEW SCHOOL OPENED MONDAY 30th SEPTEMBER  
AT DOCKING RIPPER HALL ON MONDAYS WITH  
CAITLIN STEADMAN \*\***

4.00-5.00 Ballet, tap and modern dance

5.00-5.45 Street Dance master class

Tuesdays

4.00-5.00 Pom Poms/Cheerleading with Caitlin Steadman  
Hunstanton Town Hall Basement.

Wednesdays at Hunstanton Town Hall Basement

Under 6 yrs classes: 4.30-5.15 Ballet, tap and modern

Seniors: 5.15-6.15 Ballet, modern - 12 yrs and over

Senior Street Crew: 6.15-7.00 - 12 yrs and over.

Thursdays at Hunstanton Town Hall Basement

4.30-5.30 musical theatre/drama class for all ages.

Students now have the opportunity to take LAMDA examinations. A LAMDA qualification is considered to be the best drama examination and is highly recognised throughout the professional acting industry.

This is a fantastic fun class for all ages. We will be entering festivals and taking part in shows throughout the year.

Private lessons are available on request.

This is a friendly school. We take examinations, take part in dance festivals and perform at lots of events. The children gain lots of confidence, keep fit and really enjoy themselves.

The new term has only just started so there's no better time to join us. Please call 01485 579074 or 07585 002124 for more information. Happy dancing!

**Michelle Rollason**

## Fitness Classes with Michelle Rollason

Mondays:

ZUMBA at The Heacham Public Hall, Top Room,  
7.00-8.00pm. £4 per person.

Wednesdays:

NICE AND GENTLE FITNESS

At Hunstanton Community Centre - 1.30-2.15pm

Enjoy a cup of tea or coffee afterwards. £3 per person

Thursdays:

NEW CLASS STARTING CHILLATES

at Hunstanton Town Hall Basement.

6.00-7.00pm. £4 per person..

Fridays:

ZUMBA at Docking Ripper Hall

6.15-7.15pm. £4 per person.

Friendly fitness classes for all ages. Loyalty card scheme.

Please call Michelle 01485 579074 / 07585 002124 for more details or just turn up!!!!

## Rollason Stage School

### welcomes new teaching staff

LUCY ROSE and CAITLIN STEADMAN

Both Lucy & Caitlin have trained at Rollason Stage school and had training at Pineapple Dance Studios, Covent Garden. These young vibrant teachers are keen to show new styles and flavours of street dance to children as well as the discipline graded subjects like ballet and modern. They have appeared in numerous shows as production dancers with Derek Martin from 'Eastenders', Russell Floyd from 'The Bill' and 60's star 'Jess Conrad' to name but a few.

They also both appeared in 3 Summer pantomimes Goldilocks, Aladdin and Dick Whittington at the Princess Theatre in Hunstanton.

CAITLIN has been dancing for nearly 15yrs and is looking forward to opening a new school in Docking on Mondays with all dance disciplines available and street dance. Caitlin is also teaching 'POM POMS' a cheerleading style class on a Tuesday in Hunstanton.

LUCY ROSE also works as a professional actress. She played Tiger Lily in Kettering's 'Peter Pan' starring Darren Day and also Ellie the Engineer in the 'Thomas the Tank Engine' show in Birmingham. She is currently training at bodyworks performers college and is looking forward to teaching street dance on Saturdays.

## Open day for Heacham sheltered housing scheme

Local people are invited to drop into an open day at Cunningham Court in Station Rd, Heacham on 10th October from 10am onwards.

Cunningham Court is a sheltered housing scheme run by Housing 21 and the open day will give guests an opportunity to find out more about Housing 21 and its services. Other organisations expected to be taking part include the University of the Third Age, Age UK Money Matters and the local constabulary.

As well as being treated to a free cup of coffee and slice of cake, guests will be able to take part in a raffle with all proceeds going to Diabetes UK. It is hoped that this will be the first of many open days to provide help and information to local older people. The full address is Cunningham Court, Station Road, Heacham, Kings Lynn PE31 7HW

## BED & BREAKFAST

Jean & Chris  
"Bramley" 38 Church Lane,  
Heacham

Prices between £20 & £25 per person

Tel: 01485 579366



## PIPE DREAM BECOMES A REALITY

.....NOW FOR THE EXTRA MILE!

Many of you will have seen the progress made in the new building of the pavilion on fete day.

The Contractors have done us proud and the new build has turned out to be better than we could ever have imagined in its quality, appointment and general finishes.

Now the 'new' block is complete, work has started on the re-vamping of the existing pavilion and we believe, once complete, the makeover will surprise us all once again. Though the shell has remained, the inside has been completely gutted and will be made more user-friendly and welcoming to all.

We are on target financially even though there have been unforeseen expenses mainly due to drainage issues. Our contingency pot is another matter: once both buildings are complete, we wish to go the extra mile and finish off the whole area / site by adding other essentials, more befitting to the community side rather than specifically the sports. Speed humps, signage both inside and outside the buildings, disabled and infirm walkway from Station Road right up to the field, which will be protected by handrails and barriers to protect pedestrians from the traffic, CCTV and secure fencing for those areas we must protect. These additions we consider paramount to the usage, safety and accessibility to the sports field for the many non-sport based users i.e. Fete day, car boot sales and other non-sporting events held on the field.

Disappointingly, the funding we anticipated to help provide disabled facilities hasn't been as generous as first thought so we have to look elsewhere for help and that's why this final push to advertise the Patrons Board. Large containers for safe storage of equipment is another item we wish to add to tidy up the whole area and are hopeful of the FA helping fund these.

We know there are several within our community who have promised to support in this way and would like to remind those (and others) that the time is now here to support as the end of this phase of the project is fast approaching. The next phase will be to add the cricket viewing gallery, clock tower, electronic scoreboard and veranda.

To support by having your name or Company on The Patrons' Board is a minimum donation of £250. We envisage this to be a backlit, perspex sheet fixed away from the wall. A local person has already been approached to carry out this work. Once completed it will be housed in the re-vamped existing pavilion for all to see.

If you would like to help us complete the whole complex by supporting the Patrons' Board please address your donation to:

Patrons' Board Support, Heacham Sports & Social Club, 13 Station Road, Heacham, PE31 7HG and make your cheque payable to Heacham Sports Club Greens Account (a dedicated account for pavilion funds ONLY).

All donations will be kept confidential and sums will not show on the board; only the names of those who supported.

Your donation will be acknowledged within 1 week.



## A local home for your savings

*Enjoy consistent, competitive savings  
rates by joining your regional mutual*

**Suttons Estate Agents**

29 High Street, Heacham 01485 570030

**Profile UK**

5 Jubilee Court, Dersingham 01485 544585

**Torc Financial Services**

Market Place, Snettisham 01485 544434

Visit a local agency for information on our accounts

Savings | Mortgages | Financial Advice | Insurance | Since 1849

0800 072 1100  
www.saffronbs.co.uk

Follow us on Twitter  
@saffronbs

## COASTAL ROOFING



Specialists in

FLAT ROOFING,

TILING, SLATING,

UPVC FASCIA,

GUTTERING

&

BUILDING MAINTENANCE.

TEL: HEACHAM 571710

MOB 07403 752415

## Charity Cricket Match

18th August 2013

This was the fifth annual charity cricket match for the Philip & Ernie Cup between Heacham Cricket Club (HCC) and Heacham 'Veterans'.

The match started at 1.30pm with match balls donated by Gary Rushmore Flooring. As usual HCC batted first and scored well throughout the innings, reaching an impressive 246 after 40 overs. Top scorer for HCC was Sean Wright who was caught (rather reluctantly) by father Ted just 3 short of his 50. Many thanks go to Harry Hornsby for once again donning the white coat and keeping law and order on the pitch.

As usual, available on the day were a BBQ, hot and cold drinks, home-made cakes and savouries, a tombola stall and a prize raffle; many thanks to all those who put in a great deal of effort to provide these popular amenities.

It was now the 'Veterans' turn to bat and they kept the scoreboard moving briskly but were always struggling to keep up with the competitive run rate set by HCC. Despite a valiant effort, the 'Veterans' fell short of the HCC total, reaching a creditable 223 after 40 overs. Congratulations go to HCC; this is the first time HCC has won the event since it started – game on next year lads!

All in all it was a really enjoyable match for the players and spectators alike. The Man of the Match award (a bottle of Champagne) went to Sean Wright for his innings of 47 and for also taking 2 wickets during his good bowling spell.

Once again this charity event proved to be a very popular, successful and enjoyable day. Special thanks go to Gary Rushmore Flooring and Chris Sopp Scaffolding for the generous donations which got the fund-raising off to a great start. Also, special thanks to all the local businesses and individuals who generously donated prizes for the raffle and tombola stall. As a result of the great effort put in by all those concerned before, during and after the event, a record attendance for this year's event and the generosity of the many local people who contributed in so many ways, a record total of £1,112.60 was raised; this has been shared equally between the Heacham Sports Pavilion Fund and Macmillan Cancer Support.

With sincere thanks to all who supported this year's event and hoping to see you all again next year.

Andy Wright



**Eden  
beauty  
room**

Qualified and Experienced Therapist (*over 10 years experience*)

**Waxing • Eye Treatments • Facials  
O.P.I Manicures • O.P.I Pedicures  
O.P.I Gelcolor • Hopi Ear Candles  
Massage (Ladies Only)**

Contact Hayley Watson Appointments: 01485 298297  
Open: Monday to Saturday 9am-5pm (Evenings on request)  
20 Folgate Rd, Heacham PE31 7BN  
*Ample Free Parking*



**HEACHAM MANOR**  
THE MULBERRY RESTAURANT

The award winning Mulberry Restaurant is set within the charming house and idyllic grounds of Heacham Manor Hotel.

Open to non-residents with a wide selection of the finest food served daily.

**Lunch Dining**  
12.00pm-2.30pm Daily

**Bar Snacks**  
12.00pm-2.30pm Monday-Friday  
12.00pm-6.00pm Saturday & Sunday

**Afternoon Tea**  
2.00pm – 5.00pm Daily

**Evening Dining**  
6.00pm – 9.00pm Daily

**Steak Nights**  
6.00pm – 9.00pm Mondays

To view all our menu's and for up to date events at The Mulberry Restaurant, please view [www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)  
Please book in advance to avoid disappointment. T: 01485 536 030



**Heacham Manor Hotel** Ref HNL  
Hunstanton Rd, Heacham, West Norfolk, PE31 7JX Tel: 01485 536030  
[www.heacham-manor.co.uk](http://www.heacham-manor.co.uk)

## SILVER SANDS PUBLIC HOUSE NORTH BEACH

WITH THE END OF THE SEASON  
COMING TO A CLOSE OUR NEW  
OPENING TIMES ARE JUST:-  
FRI, SAT, SUN - OPENING DAILY  
FROM 12 NOON

STEAK / CURRY NIGHT NOW ON FRIDAYS  
SUNDAY LUNCH STILL £6.95

ACTS THROUGHOUT OCTOBER ARE:-

5th OCT - BIG D  
12th OCT - RAY RYAN  
19th OCT - MARK STEEL  
26th OCT - DOUBLE END OF SEASON  
PARTY WITH CRAIG POWELL  
2nd NOV - DOUBLE END OF SEASON  
PARTY WITH CORY LEWIS

LET'S MAKE IT A NIGHT TO REMEMBER  
UNTIL NEXT SEASON  
THANK YOU ALL FOR YOUR CUSTOM AND  
LOOK FORWARD TO SEEING YOU ALL  
NEXT SEASON

FOR MORE INFORMATION RING  
CHARMAINE ON 07779 011 937

## HEACHAM PARISH COUNCIL NOTICEBOARD

### Parish Council Meetings in Brief

**High Street:** The Council discussed a request to install time limited parking on a section of the High Street. The Council noted that a similar proposal had been considered a number of years ago, but had been rejected in the face of much opposition. The Council agreed to consult, whilst monitoring the effects of the parking restrictions outside Tesco once they had been installed.

**A149 Planning Application:** The Chairman reported that the Planning Committee had unanimously rejected the application on 2 September. The Chairman thanked the Ward members: Cllr. Chenery, Cllr. Smeaton and Cllr. Manning for speaking in support of the Parish Council's position and Mr Press (Chairman of the PPG) for highlighting the concerns of the Surgery. It was now expected that the Developers may put forward a smaller application rather than go to appeal.

**Local Development Framework:** The Council noted that the Public meeting had been well attended. Mr Drinkwater remained concerned that residents were not fully aware of the significance of the LDF proposals to allow up to 66 homes to be built on two greenfield sites. Councillors highlighted a number of issues that needed to be addressed and agreed to meet with the Borough Planners to seek certain reassurances before composing their response to the Consultation.

**Heacham Recreation Ground:** The Council was pleased to note that the improvements to the Staithe Road entrance to the Recreation Ground were well underway. This was a partnership project with Norfolk County Council.

**Heacham & District Community Car Scheme:** The Chairman stated that the Scheme offered a valuable service to residents and the Council agreed to continue with its annual donation of £100.00.

**Heacham In Bloom:** The Council and Ward members congratulated Heacham In Bloom on their GOLD award.

**North and South Beach Car Parks:** The Council agreed to ask the Borough Council to review their charging policy for the car parks at Heacham.

### WW1 Centenary – Heacham Remembers

Next August, the Nation will remember the start of World War One in 1914 which will trigger special acts of remembrance over four years. Heacham Parish Council is looking at ways in which the village can commemorate this centenary, remembering those who gave so much. The first project being developed is to sow a wild flower mix, mainly poppies, along the Highway verges on the A149 and other parts of the village. Local groups, families and individuals are being invited to sponsor the wild flowers which start at £1.00 a metre.

**Join in the Work Party  
BRAYS PIT  
Sunday 13th October  
From 9.30am  
Please bring gloves, loppers  
and secateurs**



### Norfolk County Council Finance 2014-2017 Your Views

Norfolk County Council is now consulting on budget proposals to bridge the £189 million funding shortfall for the years April 2014 – April 2017. This consultation is to ask the people of Norfolk for their views and runs until 12 December 2013. We encourage all residents to read the proposals and submit their comments. The County Council's website is as follows [www.norfolk.gov.uk](http://www.norfolk.gov.uk), search for the [Putting People First](#) page where you can access all the information. The 'Have your Say' box on the right hand side takes you to another page, where you can –

- § Read the consultation document
- § Look at the individual budget savings proposals
- § Have your say on the proposals.

### Notice of Parish Council Vacancies

Two vacancies have arisen on Heacham Parish Council for a Parish Councillor. The vacancy will be filled by cooption rather than election. Interested parties should contact the Parish Council Office for further information or present themselves at the next Parish Council meeting which will be held at the Parish Office on Tuesday 15th October at 7.30pm

The Clerk

### Compostable Caddy Liners

The caddy liners or food waste bags are available from the Parish Council Office. These bags are supplied to the Parish Council Office by the Borough Council. We advise residents not to stockpile the bags as they are a perishable item with a shelf life of between 4-6 months. The price is £1.60 for 50 bags. The Borough Council also advise that you can wrap food waste in newspaper as an alternative to purchasing the bags.

Any queries should be addressed to:  
**Heacham Parish Council Office**  
Jubilee Clinic Pound Lane Heacham  
Norfolk PE31 7ET  
Tel/Fax 01485 572142  
[www.heachamparishcouncil.co.uk](http://www.heachamparishcouncil.co.uk)

Open Tuesday - Friday 10.00am-Noon

## HELP LINES

**HEACHAM GROUP PRACTICE** **01485 572769**  
**HEACHAM** MON TO FRI 08.30 TO 13.00 14.00 TO 18.30  
**SNETTISHAM** MON TO WED 08.30 TO 12.30 14.30 TO 18.30  
 THURS/FRIDAY 08.30 TO 12.30 Closed p.m.

**OUT OF HOURS DOCTOR** **111**  
 For out of hours service, please call the NHS Helpline

**HEACHAM & DISTRICT COMMUNITY CAR SCHEME** **534777**

**HEACHAM CHEMIST** **570297**  
 OPENING HOURS MON TO FRI 09.00 TO 18.30  
 SAT 09.00 TO 17.30

Between 13.00-14.00 prescriptions and certain other products only available if the Pharmacist is in attendance  
 DUTY CHEMIST NOTICE DISPLAYED ON DOOR

**HEACHAM PARISH COUNCIL OFFICE** **572142**  
 OPEN TUES TO FRI 10.00 TO 12.00

STREET LIGHT FAULT REPORT **572142**  
 BOROUGH COUNCIL OFFICE **01553 616200**

BOROUGH COUNCILLORS  
 Mrs S. SMEATON **01485 572528**  
 Mr C. MANNING **01485 523287**  
 NORFOLK C C MICHAEL CHENERY **01328 823411**

**PARISH LIBRARY** **571928**  
 OPEN MON, WED, FRI 10.00 TO 16.00 SAT 10.00 TO 12.00

**HEACHAM POST OFFICE** **570330**  
 OPEN MON TO FRI 09.00 TO 17.30 SAT 09.00 TO 12.30

**EMERGENCY SERVICES**  
 QUEEN ELIZABETH HOSPITAL **01553 613613**  
 NHS Helpline **111**  
 DENTIST **Emergency only for patients not registered with a dentist**  
 COMMUNITY MIDWIFE (Ask for Hunstanton M/W) **01553 769264**  
 POLICE **101**  
 SAMARITANS **01553 761616**  
 CHILD LINE **0800 1111**  
 ELECTRIC **0800 7838838**  
 ANGLIAN WATER **0845 7145145**  
 GAS ESCAPE **0800 111999**  
 EMERGENCY 24hrs VETERINARY CLINICS **01485 570065**

**HUNSTANTON LIBRARY** **532280**

OPEN MON. TUE. and FRI 10.00 TO 17.00  
 WED. 10.00 TO 19.00  
 THUR and SAT 10.00 TO 13.00

### HEACHAM COMMUNITY WEBSITES

[www.heacham-on-line.co.uk](http://www.heacham-on-line.co.uk)

E-mail [admin@norfolk-on-line.co.uk](mailto:admin@norfolk-on-line.co.uk)

[www.heacham-village.co.uk](http://www.heacham-village.co.uk)

E-mail [enquiries@heacham-village.co.uk](mailto:enquiries@heacham-village.co.uk)

[www.heachamgrouppractice.org](http://www.heachamgrouppractice.org)

[www.heachamnewsletter.org.uk](http://www.heachamnewsletter.org.uk)

## LOCAL BUS SERVICE BETWEEN HUNSTANTON AND KINGS LYNN

### Norfolk Green

#### Service 10 and 11

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0647 first bus to Kings Lynn then twice an hour.  
 0654 first bus to Hunstanton then twice an hour.

#### Service 10 (Sunday)

Via:- Heacham Lavender, Fox and Hounds and Lodge Road.  
 0908 first bus to Kings Lynn, then hourly from 1048.  
 0843 first bus to Hunstanton, then hourly from 1018.

#### Service 10

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
 0836 first bus to Kings Lynn, then hourly.  
 0808 first bus to Hunstanton, then hourly from 09.25.

#### Service 10 and 11 (Sunday)

Via:- Hunstanton Road, Fox and Hounds and Lodge Road.  
 1008 first bus to Kings Lynn, then two hourly from 11.18.  
 0943 first bus to Hunstanton, then two hourly from 1048.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### Smithdon High School Bus

#### Service 401

Via:- Folgate Road/Fengate, Station Road  
 0816 to Smithdon School  
 1530 from Smithdon School

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### Coasthopper Service

Kings Lynn to Cromer & Fakenham Via Norfolk Lavender, Hunstanton, Holme, Thornham, Titchwell, Brancaster, Wells, Sheringham.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

### All Bus Enquiries

[www.norfolkgreen.co.uk](http://www.norfolkgreen.co.uk)

Tel: 01553 776980

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

#### Main pick up points for The Heacham Newsletter.

First Saturday each month except January.

Jennings, Cooks Butchers, Heacham Bakery, Heacham News (Olivers), Post Office, Parish Council, Church, Co-op, Tescos, Fish Bar, Wine Cellar.

### HEACHAM HALLS

Public Hall		<b>570776</b>
Pine Residents Hall, Wilton Road	Mrs Crisp	<b>579440</b>
Methodist Church Hall, Station Road	Mike Careless	<b>570363</b>
St Mary's Church Hall, High Street	Mon, Wed, Fri 10.30 to 12.30	<b>572539</b>
Old Friends Hall	Sunnyside Close	<b>572142</b>
Heacham Scout Hut		<b>572890</b>

### HEACHAM CHALK PIT RECYCLING CENTRE

Summer opening times are 9am - 6pm. Winter opening times, which apply from 1st October to 31st March, are 9am - 4pm.

### MOBILE LIBRARY

ROUTE DER 224 1st/15th/29th	(Tuesdays) October	ROUTE DER 223 8th/22nd	
COLLINGWOOD CLOSE	09.40	ROBIN HILL	10.25
SOUTHMOOR DRIVE	10.00	CHURCH LANE	10.40
SANDRINGHAM DRIVE	10.20	RINGSTEAD ROAD	10.55
CHENEY HILL (F/SIDE)	10.40	NEVILLE CT	11.40
WOODSIDE AVE	11.05	NEVILLE ROAD	12.15
HEACHAM INFANT SCH	11.20	PINE MALL	12.30
NOURSE DR/INGLEBY CL	12.15	SITKA CLOSE	12.50
ROLFE CRESCENT	13.45	SUNNYSIDE	14.15
BUSHEL & STRIKE	14.05	MEADOW RD	14.40
GIDNEY DRIVE	14.20	POPLAR AVE	15.30
BANKSIDE reverse in	14.40	GYMKHANA WAY	15.50
MARRAM Way/Norway CL	14.55	JENNINGS CLOSE	16.15
MARRAM Way/Spruce CL	15.10	COLLEGE DR/G CL	16.50
MARRAM Way/Neville RD	15.25		
CUNNINGHAM COURT	15.45		

**LADYBIRD CAR SERVICE** 

**ESTABLISHED BUSINESS FOR 25 YEARS**

**Pick Ups and Drop Offs**

**Hospital Runs • Shopping Trips • Airport Runs**

**School Runs • Deliveries • Contract Work**

**Any day to day Private Car Hire Requirements**

*A Recognised, Well Known, Reliable and Friendly Service*

**Tel: Heacham (01485) 571947**

**Mobile: 07909 776769**